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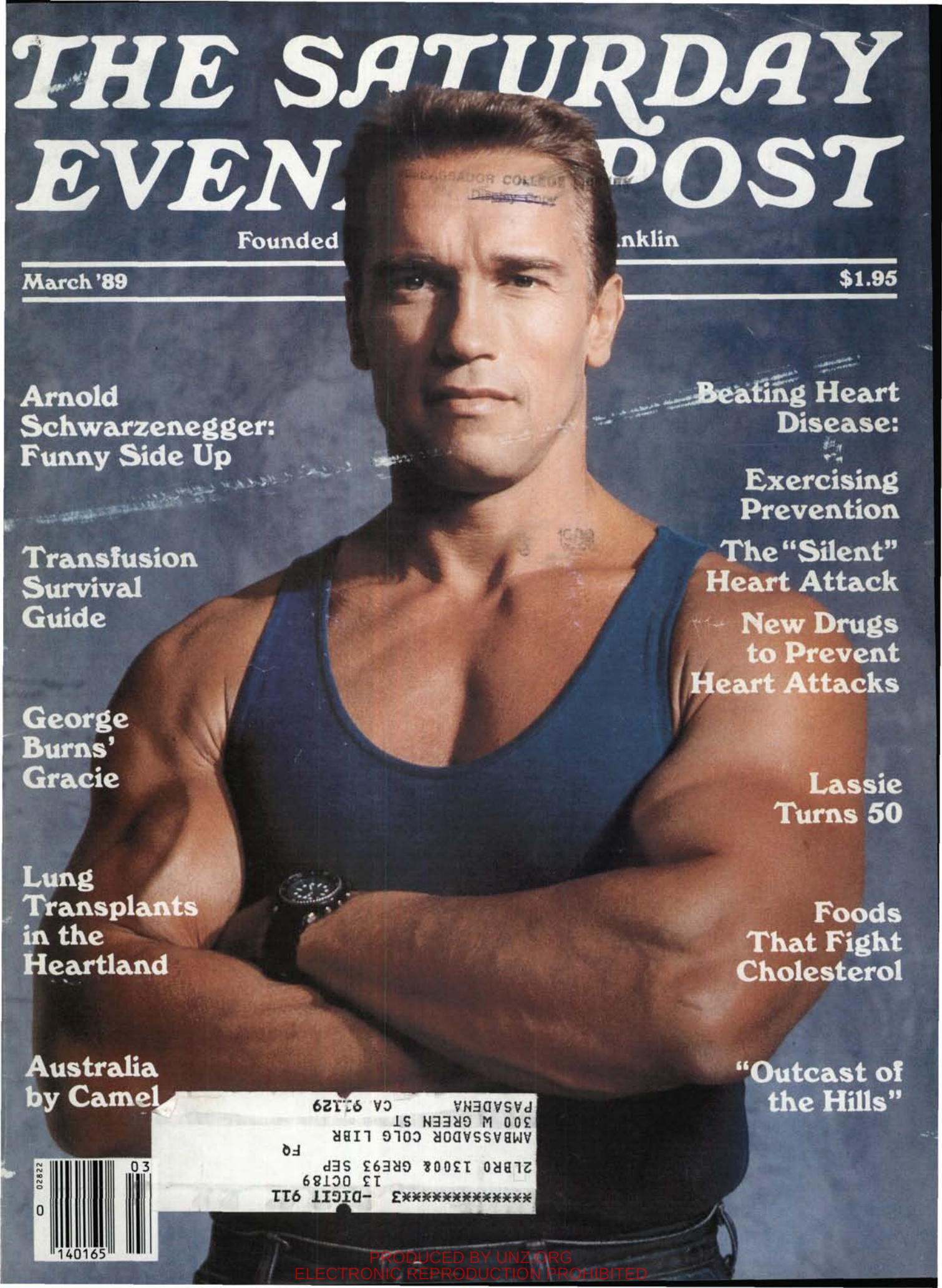

Arnold Schwarzenegger: Funny Side Up

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George Burns' Gracie

Lung Transplants in the Heartland

Australia by Camel

Beating Heart Disease: Exercising Prevention

The "Silent" Heart Attack

New Drugs to Prevent Heart Attacks

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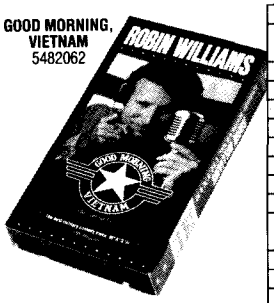

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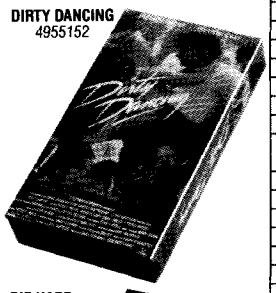

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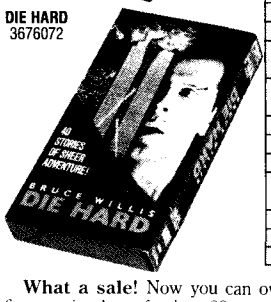

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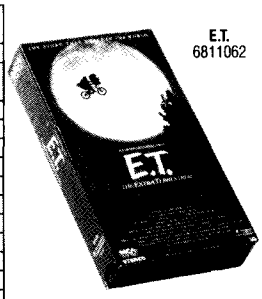

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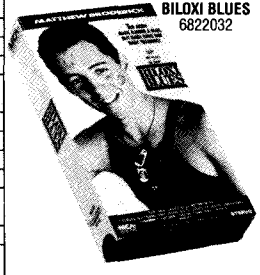

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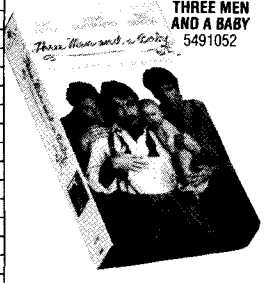

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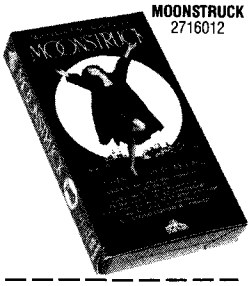

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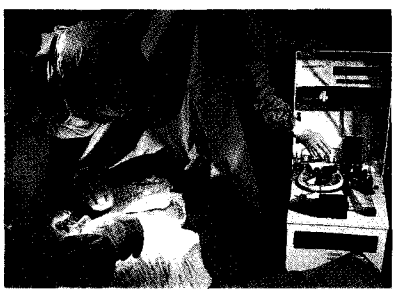
Bodybuilder Arnold Schwarzenegger—is beefing up his box-office following. 46

Lassie Comes Home—for the 50th anniversary of Eric Knight's classic *Saturday Evening Post* story. 34



Safe-Blood Guidelines—can help put your mind at ease when you need a transfusion. 60

Front-line Physicians—are reporting progress in the battle against heart disease. 20

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(Cover photo courtesy of Greg Gorman/Gamma-Liaison)

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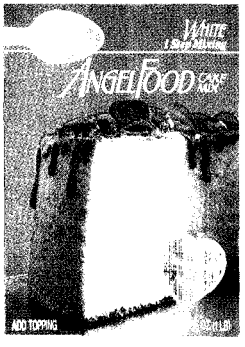

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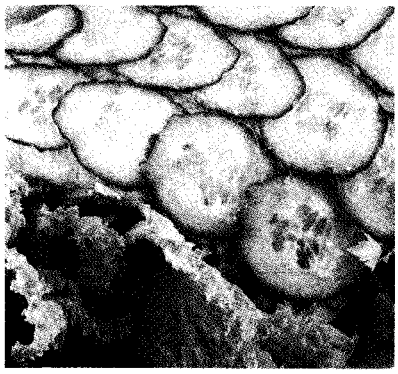
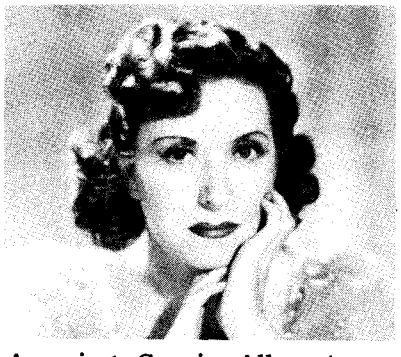


Scrumptious Poached Salmon—and other delicious dishes are helping cholesterol watchers improve their HDL-LDL ratios. **30**

Looking for Lungs—A lung-transplant patient in Iowa has a new lease on life, but many others are in need of donors. **98**



Amazing Gracie Allen—is remembered in George Burns' new best-selling memoir. **58**

A Camel Caravan—takes tourists on a not-for-everyone tour of the Australian outback. **82**

Letters

We Hit a Detour

If you are going to omit your map guesswork feature (not in December issue), then I shall omit buying your magazine.

Wesley A. McNeill
Walpole, Massachusetts

Testy Situation

I live in Washington, D.C., and I was told that my parents' health insurance company wasn't selling any more insurance in Washington, D.C., because they weren't permitted to test for AIDS.

Can we get the insurance if we are willing to be tested for AIDS?

Martha Watson
Washington, D.C.

Editor's note: Evidently, insurance companies declined to sell new policies in Washington, D.C., when the District of Columbia City Council prohibited AIDS testing. However, Congress controls the city's budget, and they entered the controversy when insurance companies stopped issuing new health-care coverage to all Washington residents. Congress ordered the D.C. City Council to repeal the ordinance prohibiting insurance companies from testing for AIDS, and the council has now voted to scrap the law.

Record Offer

You wrote an article on Randy Travis for the October 1988 issue of *The Saturday Evening Post*. In the article you mentioned that Randy's dad has a collection of 78 rpm records of country music artists.

I have recently moved into a mobile home, and I have a collection of 78 rpm records from the late '40s and early '50s era. Quite a number of these records are country artists. I would like to give them to Randy's dad, if he wants them.

I want it understood that I am not selling these. I only want to give these to a collector. The only money requested would be reimbursement for shipping costs. These records are in album covers and, if packed in polystyrene pellets, they should be O.K.

Can you forward this letter to him? If he is interested in these albums, he can contact me for a list, or I can send

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the list to an address he gives me. These are all good records. I just don't have anyplace to put them in the limited space of a mobile home.

Emma Lindstrom
Silverton, Oregon

Leave Wine Enough Alone

With reference to the continuing commentary on April '88 wine recipes: enough already. If you don't want to cook with wine, don't. I happen to be allergic to onions. Shall I attempt to stop anyone from using onions or printing recipes using them? Shall I cancel my subscription to a magazine which prints onion recipes?

Let's face reality—live and let live. (Cook and let cook?)

Janet Maier Hannigan
Oceanside, New York

In reply to Sarah Esther Smith, Cambridge City, Indiana, and her letter "Alcohol Rub." I wonder if she is cognizant of the fact that her request—yea, demand—that no more recipes using wine be printed in *The Saturday Evening Post* is an infringement on my civil rights.

I spent 23 years in the U.S. Army defending her right to express her beliefs and those of her friends in the W.C.T.U. However, I and also many others have our rights, and if we wish to cook with wine, then we will do so. And we all pray that *The Saturday Evening Post* will continue to print various recipes for our enjoyment with or without wine.

Mrs. Smith's letter appeared in *The Saturday Evening Post* for December 1988.

Karl H. Pfeiffer, Jr.
El Paso, Texas

I think that it's right down funny when someone protests using wine in cooking.

That person is giving Jesus hades too. After all, He changed water into wine in the Bible.

It's a sin to eat too much. Fat is bad for one's health too.

What's the difference between ignorance, narrow-mindedness, and being a hypocrite?

Mrs. W. C. Watt
New Castle, Indiana

Editor's note: Cooking wine isn't potable, according to our authorities. In other words, you wouldn't want to drink it. It is used for flavoring only, and the alcohol is removed in the cooking process. From a health standpoint, it couldn't harm a recovering alcoholic or do any other harm. It could, however, add flavor in a manner that sometimes enables the cook to make some low-calorie, low-fat dishes taste better.

Time for Serious Rhyme

Sometimes you give us humorous ditties among the "Post Scripts," and that's worth doing, but how about a page or two of significant and memorable poetry in each issue?

With all that your magazine appeals to of nostalgia and wit and travel and human experience and thoughtfulness among your readers, you're overlooking a great source of reader interest.

May I look forward to the addition of a new Post Poetry department? Please, and please!

Elva McAllaster
Greenville, Illinois

How Much Is a Dose?

Would you please tell me what you consider an adult dose of L-lysine?

I am interested in preventive medication to forestall shingles. I am 75. I have never had them, but I did have chickenpox as a child.

If one should happen to get shingles, what would you then consider a daily amount?

Thank you very much for your information.

Virginia Paulsmeyer
St. Louis, Missouri

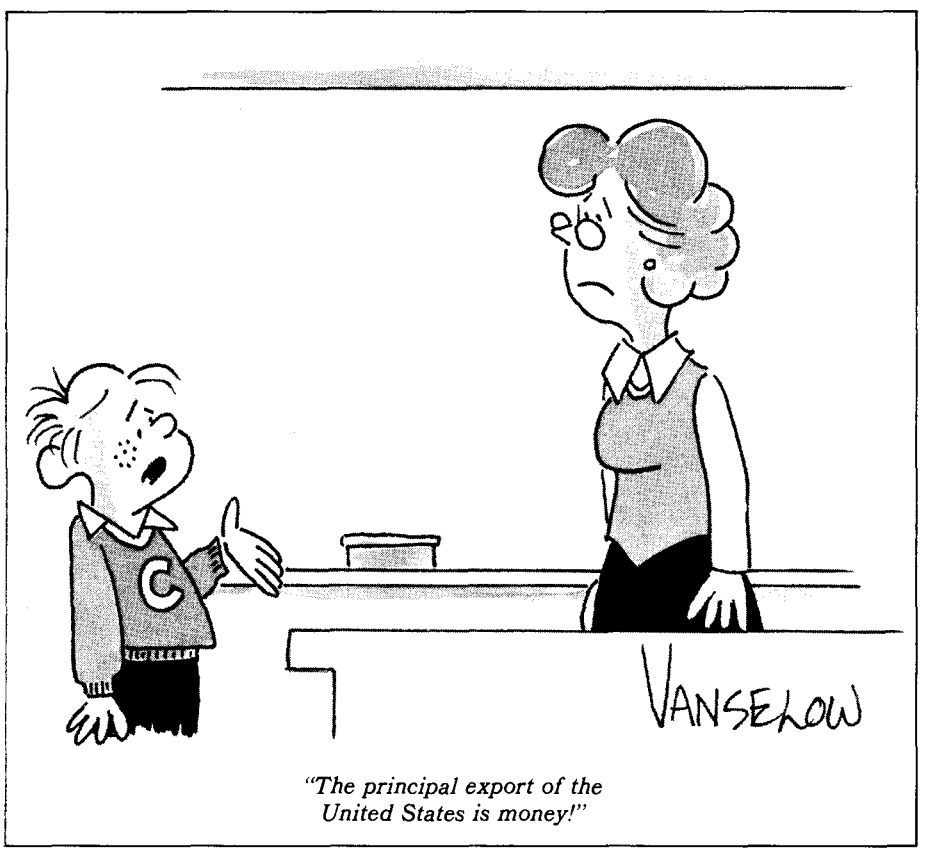
Editor's note: Dr. Richard Griffith is our authority on lysine. He has been treating herpes and shingles infections for many years. His letter follows:

"I have not studied a preventive dosage of lysine for preventing shingles.

"It has been estimated that 50 percent of adults that reach the age of 80 years will experience shingles. I can understand why the elderly are apprehensive about this painful condition.

"I can give no assurance that taking lysine will help a person avoid shingles; however, on the basis of our experience in treating herpes infections, including shingles, I believe it reasonable to follow the dietary regimen outlined several times in the Post*: Avoid arginine-containing foods, primarily nuts, chocolate, and*

continued on page 9



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gelatin. Supplemental lysine in a dosage of two 500 mg tablets two or three times a day could be added.

"Remember, not everyone is susceptible to shingles and there are no tests to select those prone to this infection."

—Richard Griffith, M.D.
Indiana University School of Medicine
Indianapolis, Indiana

Many Post *staffers take 1,000 to 1,500 mg of lysine a day prophylactically, and more if we overindulge in high-arginine foods—too many peanuts, or a chocolate orgy, for example.*

Limerick Nudges *Post* Judges

There was a young man named
Herb Gish,
Writing limericks his favorite dish.
Sent one in to the *Post*,
Judges liked it the most;
Paid him well for being so cleverish.
Thank you.

Herbert M. Gish
Hollywood, California

Designated Hitter?

In reading the letter entitled "Strike 4" in the November '88 issue of the *Post*, I have come up with a little more information as to who wrote "Casey's Revenge."

Enclosed you will find copies of both poems—"Casey at the Bat" and "Casey's Revenge."

The *Boston Globe* used to have a special section for poems, and you will see that there is another name for the author of "Casey's Revenge." These poems were printed in 1929 issues.

John H. Quinn, Jr.
South Hamilton, Massachusetts

Casey's Revenge

Being a Reply to the Famous Baseball Classic, "Casey At The Bat."

There were saddened hearts in
Mudville for a week or even more;
There were muttered oaths and curses
—every fan in town was sore.
"Just think," said one, "how soft it
looked with Casey at the bat!
And then to think he'd go and spring
a bush-league trick like that."

All his past fame was forgotten;
he was now a hopeless "shine,"
They called him "Strike-out Casey"
from the mayor down the line,
And as he came to bat each day
his bosom heaved a sigh,
While a look of hopeless fury shone
in mighty Casey's eye.

The lane is long, someone has said,
that never turns again,
And Fate, though fickle, often gives
another chance to men.
And Casey smiled—his rugged face
no longer wore a frown;
The pitcher who had started all
the trouble came to town.

All Mudville had assembled;
ten thousand fans had come
To see the twirler who had put
big Casey on the bum;
And when he stepped into the box
the multitude went wild.
He doffed his cap in proud disdain—
but Casey only smiled.

"Play ball!" the umpire's voice rang
out, and then the game began;
But in that throng of thousands
there was not a single fan
Who thought that Mudville had a
chance; and with the setting sun
Their hopes sank low—the rival team
was leading "four to one."

The last half of the ninth came round,
with no change in the score;
But when the first man up hit safe
the crowd began to roar.
The din increased, the echo of
ten thousand shouts was heard
When the pitcher hit the second and
gave "four balls" to the third.

Three men on base—nobody out—
three runs to tie the game!
A triple meant the highest niche
in Mudville's hall of fame;
But here the rally ended and the
gloom was deep as night
When the fourth one "fouled to
catcher" and the fifth "flew out to
right."

A dismal groan in chorus came—
a scowl was on each face—
When Casey walked up, bat in hand,
and slowly took his place;
His bloodshot eyes in fury gleamed;
his teeth were clinched in hate;
He gave his cap a vicious hook
and pounded on the plate.

But fame is fleeting as the wind,
and glory fades away;
There were no wild and woolly
cheers, no glad acclaim this day.
They hissed and groaned and hooted
as they clamored, "Strike him out!"

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But Casey gave no outward sign
that he had heard this shout.

The pitcher smiled and cut one loose;
across the plate it spread;
Another hiss, another groan.
"Strike one!" the umpire said.
Zip! Like a shot, the second curve
broke just below his knee—
"Strike two!" the umpire roared
aloud; but Casey made no plea.

No roasting for the umpire now—
his was an easy lot;
But here the pitcher whirled again—
was that a rifle shot?
A whack! a crack! and out through
space the leather pellet flew,
A blot against the distant sky, a speck
against the blue.

Above the fence in center field,
in rapid whirling flight,
The sphere sailed on; the blot grew
dim and then was lost to sight.
Ten thousand hats were thrown in
air, ten thousand threw a fit;
But no one ever found the ball
that mighty Casey hit!

Oh, somewhere in this favored land
dark clouds may hide the sun,
And somewhere bands no longer play
and children have no fun;
And somewhere over blighted lives
there hangs a heavy pall;
But Mudville hearts are happy now—
for Casey hit the ball!

—James Wilson

ACLU Strikes a Nerve

Kudos and hats atip to L. Gordon Crovitz for his exposé on the American Civil Liberties Union in the December 1988 *Saturday Evening Post*. And all their shortcomings were bona fide, taken from the ACLU's 576 pages of the 1986 "Policy Guides," Bible for some of their phony policies.

Maybe some of my ire toward them is the fact that I was sued jointly with one of our Metro Denver publications for having demeaned them for the defense of a U.S. Army lieutenant, who doffed his army uniform to march in a protest parade carrying a placard which read "L.B.J. is a Facist S.O.B." A District Judge threw the case out as groundless after a three-day hearing, without even submitting it to the jury. There was no appeal.

This was in the '60s when their prime clients were S.D.S.'ers, Weathermen, draft dodgers, AWOLs, and far left wingers. One of their attorneys, William Kunstler, was defending the Chicago Eight (Abbie Hoffman, et al). Here in Denver they annually tried to scotch the Nativity scene on the lawn of the City-County building. And we're all familiar with the ACLU's abetting the neo-Nazis in getting their hated swastikas paraded through heavily Jewish-populated Skokie, Illinois.

Oh well, as Archie, the waiter, said on the old radio show "Duffy's Tavern," "Ya gotta take the bad with the lousy."

P.S. The lawsuit was for $350,000.

Gail D. Salley
Arvada, Colorado

Making Scents

I read with interest the Jan./Feb. article about Dr. Frank Young, commissioner of the FDA. I noted that even cosmetics come under FDA scrutiny.

If this is true, when is the FDA going to regulate the ingredients in today's perfumes that are causing discomfort to so many people? I cannot attend church and public functions anymore because of the perfumes that cause me to experience headaches, nausea, and muscle pain.

I'm sure that a great number of people experience these symptoms everyday and don't realize they may be caused by the "smell" that surrounds them.

Kay Toews
Hunter, Oklahoma

Editor's note: We have had similar complaints about hair spray. Worshippers like you who are allergic to perfumes and hair sprays might petition for a few pews in your church to be reserved for those with allergies, possibly in sections already reserved for those with hearing impairments. You are right that a number of people with migraines may well be allergic to the chemicals surrounding them.

Credit for Quayle

Thanks so much for the article that you wrote on Dan Quayle in the November issue of the *Post*.

It is about time someone gives him credit for what he is worth and paints a true picture of him.

Gabrielle Felix
Costa Mesa, California

"But if I take you all along, it wouldn't be a vacation."

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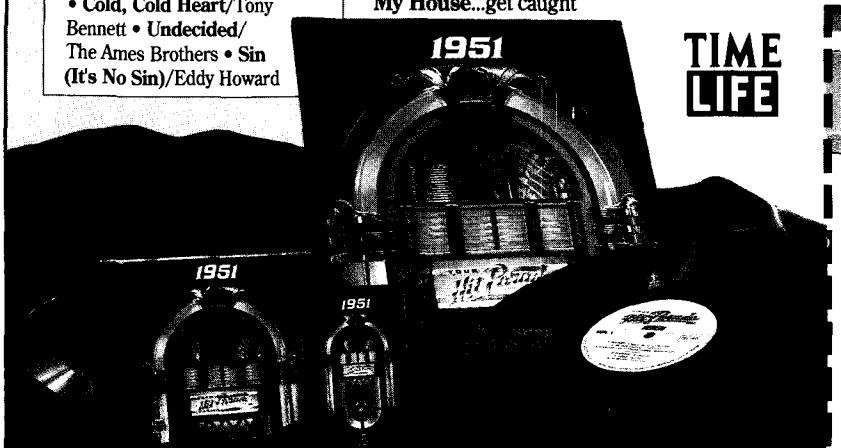

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"The AIDS Prevention Council is committed to:

- Education about alternatives to using banked blood
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- Protection against unnecessary transfusions.

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AIDS Prevention Council

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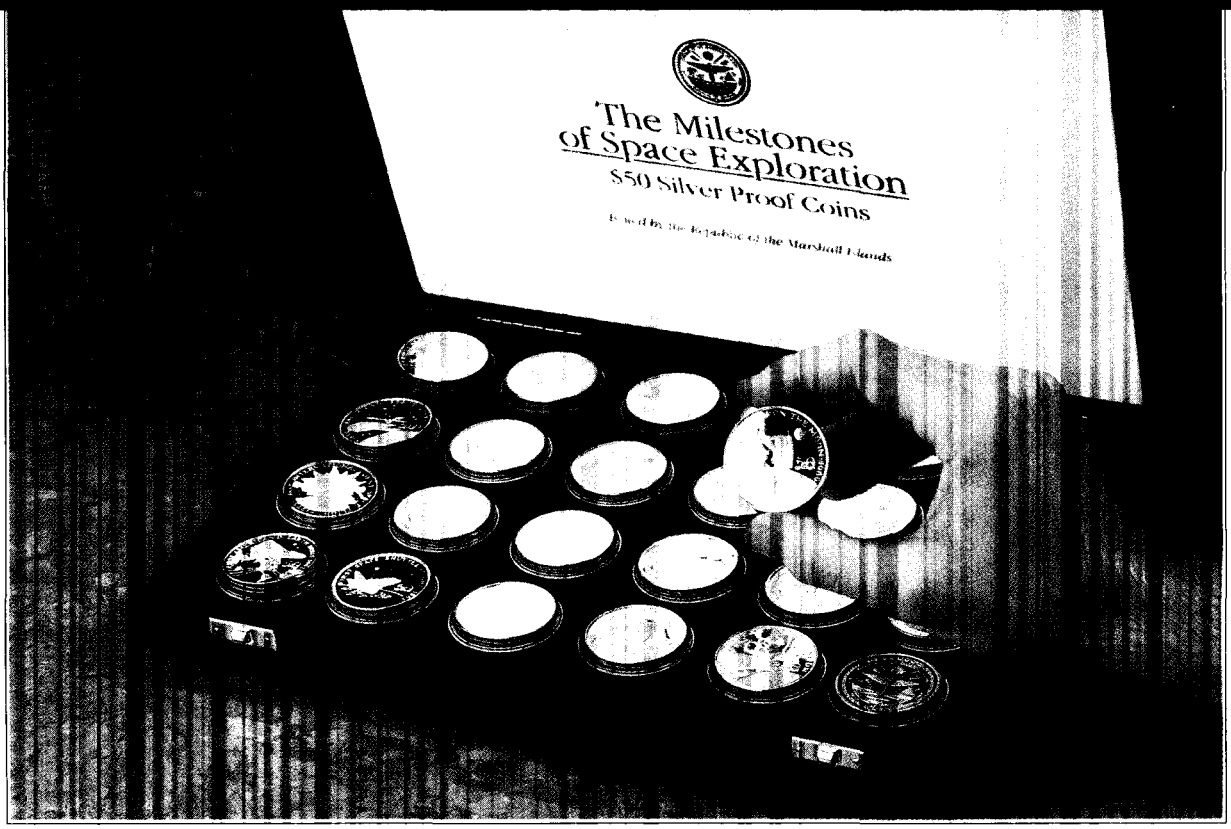

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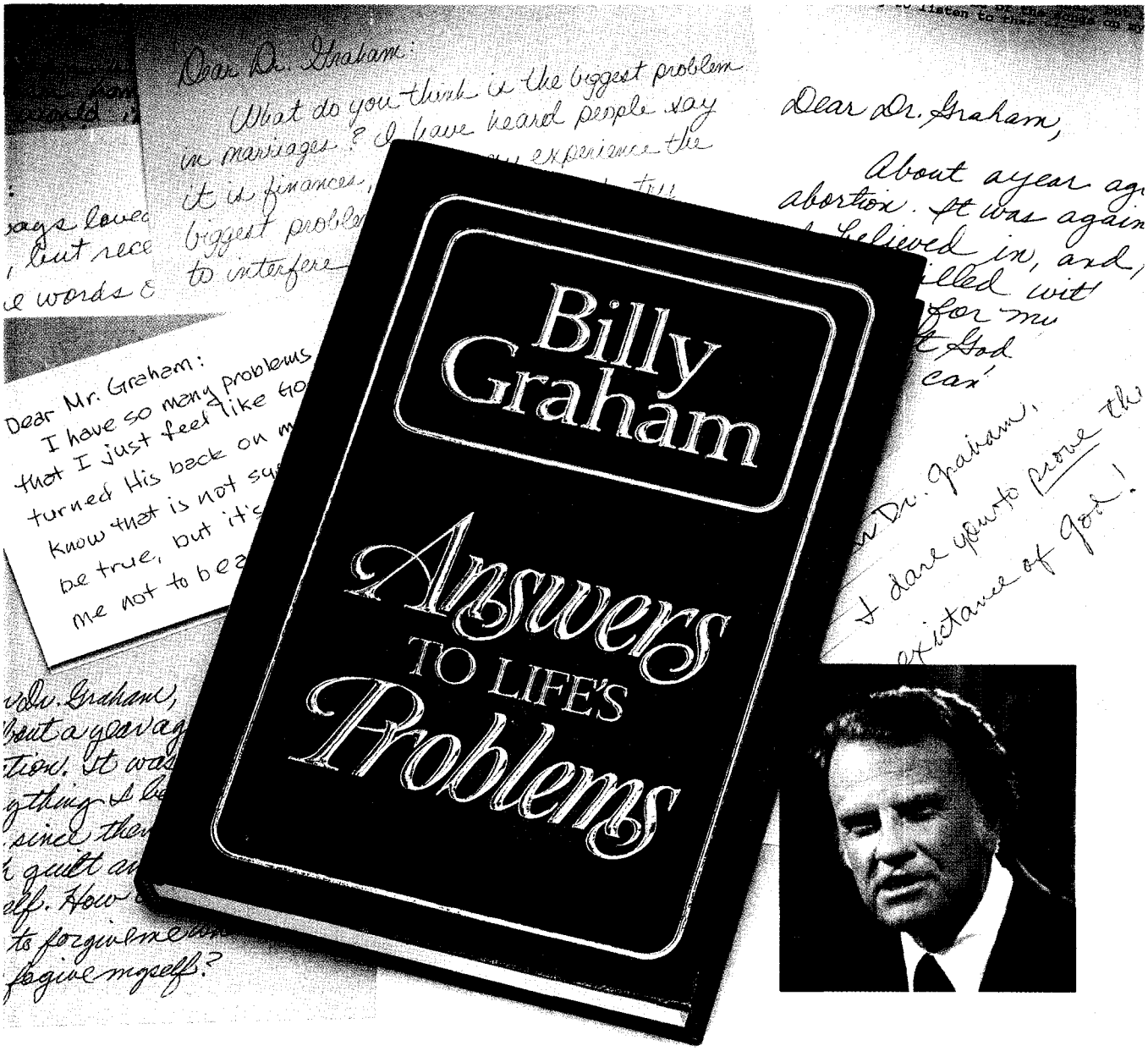

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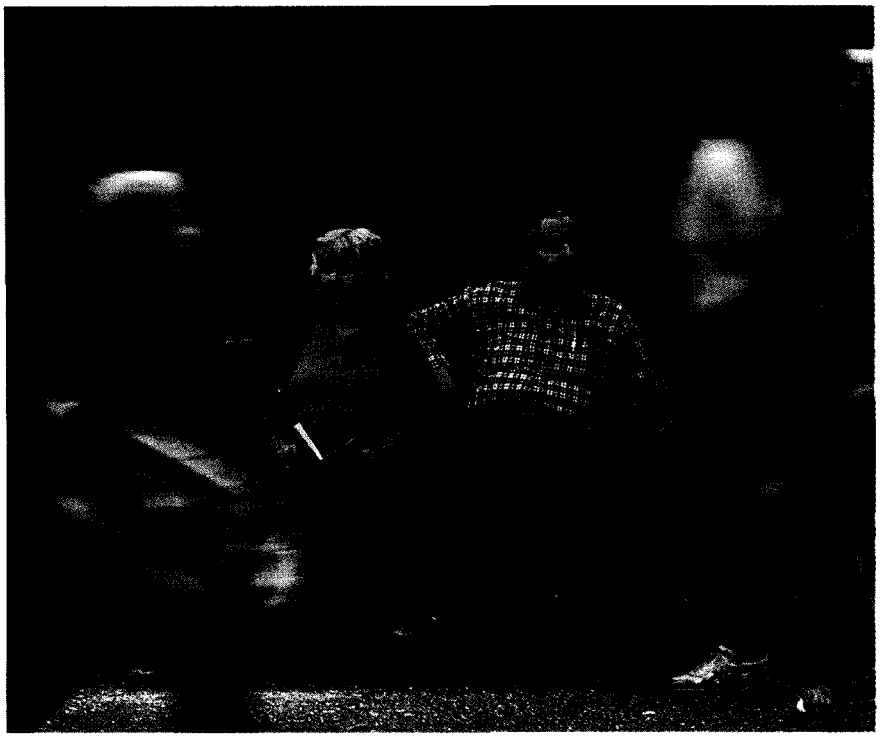
Many symptoms of aging are really symptoms of lack of exercise.



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HELP YOUR HEARING

In case you haven't heard: hearing aids are getting not only smaller, but better at restoring specific hearing losses.

by Diana Benzaia

If you or someone you know has suffered hearing loss from aging, illness, or noise trauma, there's good news for you. Hearing aids have improved so much in the past ten years that most hard-of-hearing persons can regain the ability to understand and enjoy sounds.

Sadly, less than a third of the estimated 15 million Americans who could benefit from hearing aids actually use them. Vanity, lack of awareness of the severity of hearing loss, and ignorance of the sound quality available in today's aids all discourage hearing aid use.

Advances in Hearing Aids

"There have been tremendous advances in our knowledge about how to improve hearing with aids and in the design, technology, and fitting of such aids," says Lawrence M. Posen, the president and chief executive officer of Beltone Electronics Corporation, one of the largest U.S. hearing aid manufacturers. (Other major U.S. manufacturers include Argosy, Dahlberg, Siemens, and Starkey Labs, which together with Beltone produce more than half of all U.S.-made hearing aids.)

Progress in acoustics and in the microchip has also enabled development of tiny in-the-ear aids. The newer aids reproduce sound with greater fidelity and help more diverse types of hearing loss. So if you already have major hearing loss but you have had bad experiences with unsightly, unreliable hearing aids in the past, you need an update on what's now available.

Hearing aids have come a long way from the "ear trumpets" once used to direct sound into the ear canal, although a modified version (the Innovaid) of those old horns is now being marketed. Called a resonator, the nonelectrical device is merely a hollow shell. Like the old ear trumpets, it acoustically lowers the pitch of incoming sound to a range more easily heard by someone with mild hearing loss—about as effectively as cupping a hand behind an ear. It's not a true hearing aid.

A real hearing aid has a power source (batteries), a receiver to pick up sound, a microphone, and an amplifier. Early hearing aids were cumbersome items hung on the ear and attached by wire to a big box kept in the wearer's pocket. Just the rustle of clothing could interfere with clear sound reception. Such body-worn aids were the standard for decades, and they still may be necessary for people with severe hearing loss.

Behind-the-ear hearing aids and hearing aids built into eyeglasses were introduced in the 1950s. Gradually, these crescent-shaped aids have become smaller and easier to conceal.

Advancing technology constantly reduced the size of in-the-ear hearing aids in the 1970s. They now account for about 70 percent of all aids sold, the Hearing Industries Association says. In-the-ear aids fit inconspicuously into the bowl of the ear. Tiny in-the-canal hearing aids, introduced in the 1980s, already account for about 11 percent of in-the-ear sales. These fingertip-size hearing aids are barely visible.

Customizing the Aid

New hearing aids offer many options. "Older hearing aids amplified all sound equally," Beltone's Posen explains. "Now we can customize the aid, to compensate for each individual's specific hearing loss, by adjusting the shape of the frequency response." And excessive sound won't be blasted in a range the ear still receives adequately.

"For those who work in very noisy environments, such as a cafeteria, or who have a particular problem understanding voices in the presence of low-frequency background noise, such as at a cocktail party, we can fit

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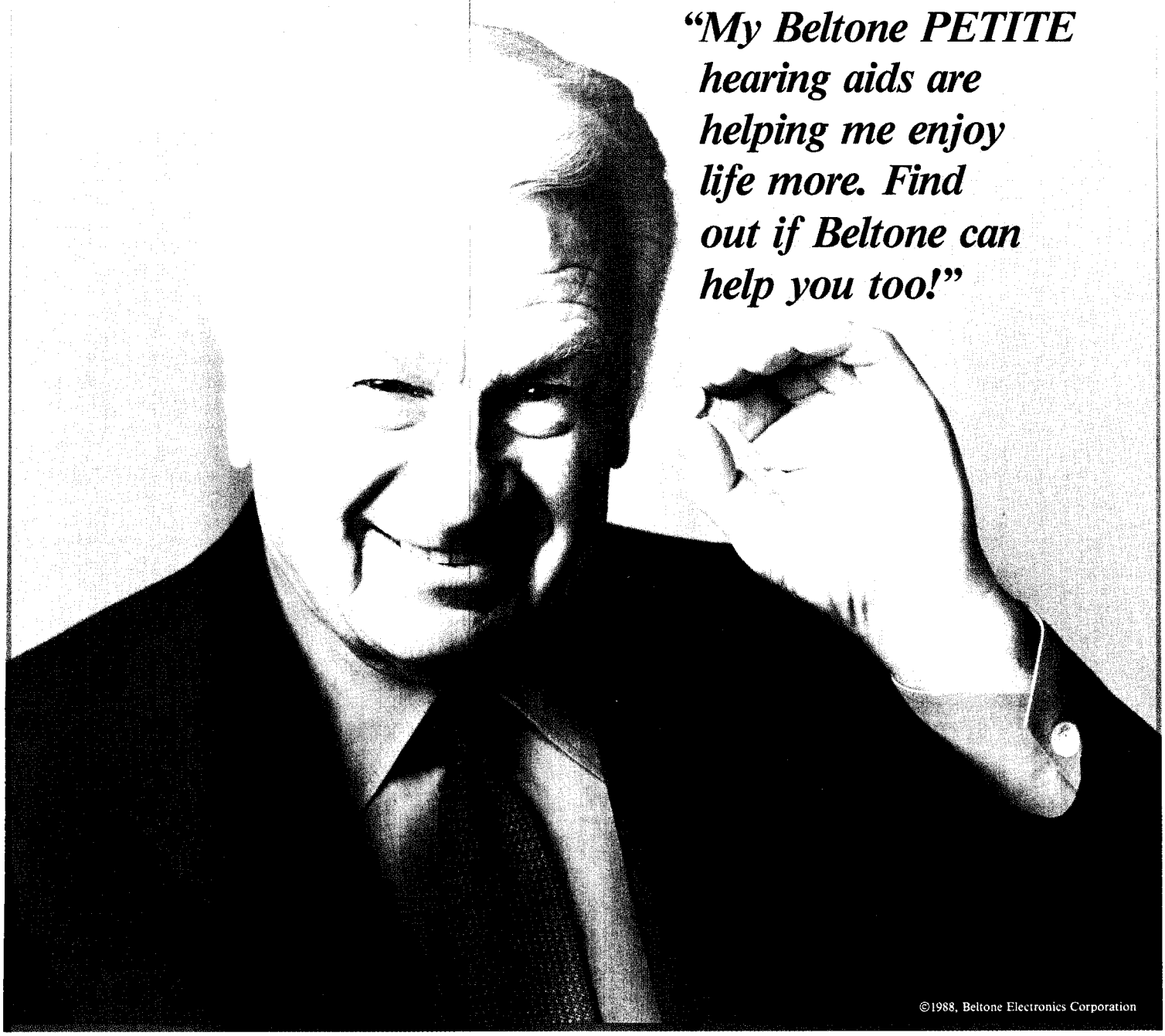
"My Beltone PETITE hearing aids are helping me enjoy life more. Find out if Beltone can help you too!"
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Do you hear but not understand all the words said to you? Do people seem to mumble more than they used to? Do you often ask people to repeat themselves?

If so, you may be one of over 20 million Americans suffering from a gradual hearing loss, or "nerve deafness."

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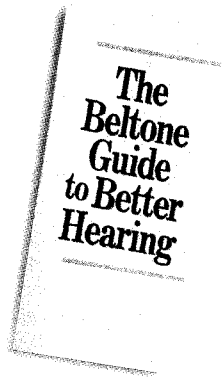

Beltone®

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the aid with a Zeta noise blocker," Posen says. Such blockers automatically enhance speech reception by attenuating low-frequency sound.

Such customization can enable both dispenser and user to control the aid's response in different hearing environments. Aids may contain up to 1,500 different parts—a drawback for aids produced by a small shop, in contrast to those made by a major manufacturer.

This sophistication costs $350 to $1,000, depending on the type of product and local competition. An "unbundled" price, detailing each cost component, is a better gauge of product and service costs than a flat fee. Charges for hearing testing, hearing aid evaluation, hearing aid fitting, and making an ear mold may add $200 to $300 to the bill.

Wearing two hearing aids costs even more—as President Reagan learned last year. He was fitted with two in-the-ear aids made by Siemens Hearing Instruments. Volume, noise suppression, and telephone switching are controlled by a hand-held remote-control device, about a half-inch thick and the size of a credit card. Taking the card out of a pocket and pointing it at the appropriate ear, Mr. Reagan can press any of four buttons to achieve sound change. The cost of the two aids and the remote control device: $1,900.

For any hearing aid, insist on a 30-day tryout period—with a guaranteed full return refund, less a modest handling cost. Seek at least a one- or two-year warranty covering repairs. Avoid any hearing aid without volume control. That's not a benefit—you want to be able to adjust volume in different hearing situations.

Beware of any dispenser who promises "miracles" or "returning your hearing to normal." Amplified sound requires getting used to, so don't rush into a noisy street with your new hearing aid. You need a week or so at home with your amplified sound before venturing out. But during your 30-day period, wear your aid every day and do so, eventually, in every type of hearing situation you are likely to encounter.

If you have problems, hustle back to the dispenser; only a small adjustment may be necessary. Whistles, however, could signal an improper fit: sound that should be heading in could be leaking out into the receiver. A properly fitted aid should seal in the ear. Again, check with the dispenser to make sure you're inserting it properly. Don't accept any assurances that such whistles are normal.

Help for the Deaf

Total deafness caused by destruction of hair cells in the inner ear cannot be helped by ordinary hearing aids. But the condition can now be helped with a cochlear implant. This miniature sound system includes a tiny external microphone and transmitter that send electrical impulses to a coin-size receiver surgically implanted in the bone just behind the ear. There, small electrodes carry the impulses to the cochlea, where they are transmitted to the brain. The "hearing" provided by a cochlear implant is far from normal—and the cost of the device, the surgery, and follow-up medical care can total $30,000. But the device can improve lip-reading ability and alert an individual to such vital sounds as an auto's honk or a doorbell's ring.

Who Corrects Hearing Loss?

Physicians (ear, nose, and throat doctors) can treat hearing losses medically or surgically.

Audiologists rehabilitate those patients with hearing losses that cannot be treated medically.

Hearing Aid Specialists evaluate hearing losses and fit hearing aids.

Choosing Hearing Protection

Just as doctors recommend wearing a sunscreen to protect the skin from cancer-causing solar rays, hearing specialists urge using hearing protection whenever you will be exposed to high noise levels—whether for household vacuuming, subway riding, or boat riding that will seat you next to a roaring outboard motor.

Regardless of the type of hearing protection worn, the most important factor is the quality of the seal. Plugs must seal the ear canal; earmuffs must seal around the ear. The best test for a good seal? Your own voice should sound more muffled, lower pitched, and a little louder than usual, because you are hearing it from bone conduction inside your head. But sounds around you, such as the voices of others, should be much softer.

Just as sunscreens now have SPF ratings to show levels of sun protection, ear-protection devices have recently been assigned noise-reduction ratings (NRR), which indicate their ability to protect you from noise. Ear protectors currently on the market range from 0 to 30 NRR. Look for a rating greater than 20 for the best protection. Here's what's available.

Premolded plugs—You're most likely to find these in the corner drugstore, but pharmacies usually carry only one size rather than the full range available. Because ear canals vary in size just as feet do, you are less apt to get a good sound seal in this type. However, if you can get a good seal from a standard size, these plugs may be your best buy: they cost only a few dollars, they are washable, and they last for years.

Custom-molded plugs—If noise is a special problem in your environment, an audiologist can take a mold of your ear canal and make a pair of plugs that will have an excellent NRR when new. The problem: they shrink with age—even in a few months.

Flexible foam cylinders—Newer on the earplug scene, these excellent protectors have an NRR of up to 28. They can be your best buy. (E-A-R is a widely available brand.) They cost less than a dollar and don't require fitting. Rather, you compress the foam-rubber cylinders and insert them in the ear canals, where they expand to form exceptionally good seals. The only drawbacks: they're not washable and they must be replaced regularly.

Ear valves—A new phenomenon advertised as protecting you only from harmful noise, they work on a principle that does not provide full protection. Ear valves start with low noise-reduction ratings, and even a small amount of dirt can cause malfunction.

Earmuffs—Often found in sporting-goods stores or at rifle ranges, muffs can cost $20 or more. By wearing them, you avoid having "something in your ear," but you are laden with an obvious and sometimes uncomfortable muff. If you wear glasses, test the seal with your glasses in place.

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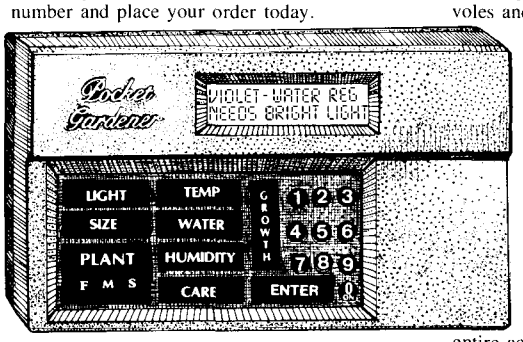
Our Newest Gardening Marvels

The products shown are a selection of the most popular items from out latest catalog.

But reading a list of features is no substitute for seeing these new state-of-the-art products in person. That's why we encourage you to take 30 days to try them out in the privacy of your own home. If you're not 100% satisfied with your choice, you may return it for a prompt, courteous refund (including delivery charge). So select your favorite product and call our 24-hour, toll-free number and place your order today.



COMPUTERIZED HOUSE PLANT GUIDE

The *Pocket Gardener*® is a computerized database which contains expert advice on the general care and maintenance of 191 of the most popular indoor house plants in North America. This unique electronic database was developed by Mr. Art Drysdale, President of the North American Garden Association and author of numerous books on home gardening.

In order to display information on a specifc plant, simply press the "PLANT" key and the plant number listed on the pocket reference guide (included). Detailed information will be displayed on your plant selection including lighting, watering, humidity, and temperature requirements. Growth expectancy and special care instructions will also be displayed. Advises which plants require special pruning and ones that are prone to pest infestation or root rot. Includes complete information on common house plants and exotic plants such as the Blue African Lily, Arabian Violet, Ming Aralia and Japanese Fatsia.

Weighs 3 oz. Measures 5″ x 3″ x ½″. Fast, medium or slow LCD display option. Uses two 1.5V batteries (included). Automatic shut-off. 90-day warranty.

Order your electronic *Pocket Gardener* today and begin to master the special requirements of your house plants.

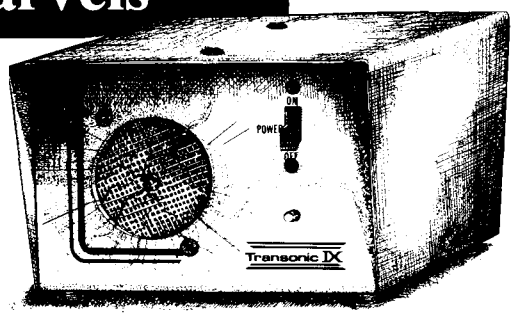
■ Pocket Gardener PG#82 $59.95 (4.95)

THE SOUND EVERY GOPHER IN YOUR YARD HATES

You've worked hard to make your lawn and garden beautiful, but the only things coming up are those dirt mounds that announce — *you've got gophers!*

You can't surrender to these rodents. But gas, poisons and traps might hurt the kids or pets. And anyway, they'd only make you feel like a murderer.

Here's a simple solution that's remarkably effective. It's called the *GoPherIt II*® and it's technology's way to deal with the problem. A small, unobtrusive device, the new and improved *GoPherIt II* emits a harmless sound that humans and common house pets can't hear. But it drives gophers crazy. In fact, the sound wave emitted by the *GoPherIt II* is so irritating to burrowing rodents like gophers, moles, ground squirrels, shrews, voles and pocket mice that it chases them out of their holes, and your yard, forever!



And they won't come back because this electronic invention *emits a nasty sound every 15 seconds* day and night for about 6 months. As long as 4 alkaline "AA" batteries generally last. In fact, replacing batteries is the only servicing this completely water-proof device needs.

Each *GoPherIt II* stake is 12" long and weighs 1 lb. The sound it emits protects an area of about 1000 sq. yds., so only 5 can save an entire acre. Buying additional units saves money (see below for details).

Gophers use long claws to burrow tunnels and chisel-like front teeth to devour plants, leaves, stems, bulbs, vegetables, succulent herbs — even the bark of trees.

And gophers breed like rabbits. In a season, one gopher can produce 30, who are out making trouble on their own after only 6 weeks. In fact, it's so bad the Agricultural Commissioner of Los Angeles has said that, "90% of the current population has to be eliminated to keep ahead of reproduction."

The sound moves out 50 feet in all directions.

Before the *GoPherit II* you were forced to resort to more traditional methods of elimination. And still there was no guarantee of success. Carbon monoxide, for example, hosed from your car can be effective. If it doesn't kill you first. Nasty chemicals like pentachlorophenol, carbon tetrachloride and methyl bromide can work as fumigants, though even a refresher course in chemistry wouldn't make them simpler to use.

Now do something that won't get your hands dirty. Order your *GoPherIt II* today. And for once, clear your yard of gophers while you keep your conscience clean.

■ 1 GoPherIt II IW#150 $49.95 (4.95)
■ Set of 2 IW#250 $94.95 (6.95)
■ Set of 4 IW#450 $185.95 (8.95)
■ 5 or more IW#550 $44.95 ea. (2.00)

ELIMINATE PESTS FOREVER FOR ONLY $49.95

Sharing your home and yard with pests such as Rats, Mice, Cockroaches, Spiders, Fleas, and Bats is less than a pleasant situation. Yet trying to kill them with traditional pesticides and various other poisons can be extremely dangerous to your family and house pets. And unfortunately, pests usually develop immunity to these chemicals within a few short months.

The new *Transonic IX* delivers ultrasound waves 24 hours a day which are totally inaudible to both humans and house pets. Yet, the same sound is so irritating to the nervous system of pests that they become completely disoriented and leave your house within a few short weeks - Forever!

The industrial strength *Transonic IX* protects an area up to 10,000 sq. ft. (70,000 cu. ft) and was originally developed to work in food storage facilities, restaurants, and industrial farms/gardens. Imagine how effective this industrial unit will be in your home. Includes six pitch settings which even allow you to get rid of larger pests such as Raccoons, Deer, Birds, Rabbits, and Coyotes. EPA and UL listed. Powered by AC adapter (included). 90 day warranty.

Order your *Transonic IX* today. Or better yet, order two for special savings.

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■ Two Transonic IX Units TV#350 $91.80 (6.95)

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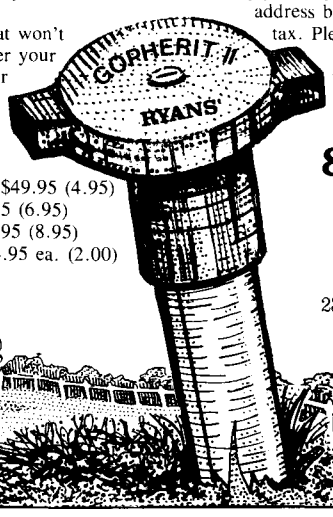

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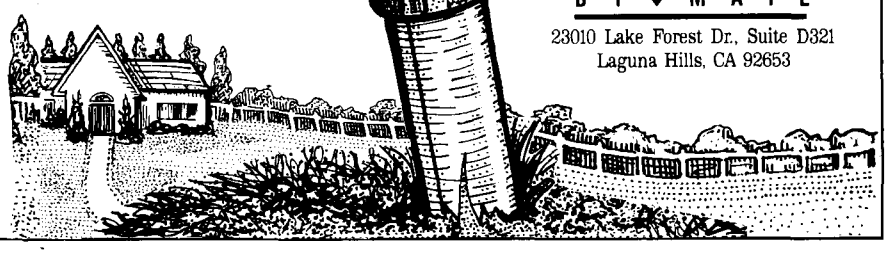

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HEARTBEAT

The Healthy Heart Report

BEATING HEART DISEASE

If the recent American Heart Association convention is any indication, 1989 will go down as the "year of the heart."

by Cory SerVaas, M.D.

My favorite relaxation activity is reading letters from children with questions about health and answering as many as I can. The following letter is from a young reader worried because her grandfather suffered a heart attack. It is the kind of letter I like to answer, because when this little girl asks what she can do to help, there *really is* something she can do.

Dear Dr. Cory:

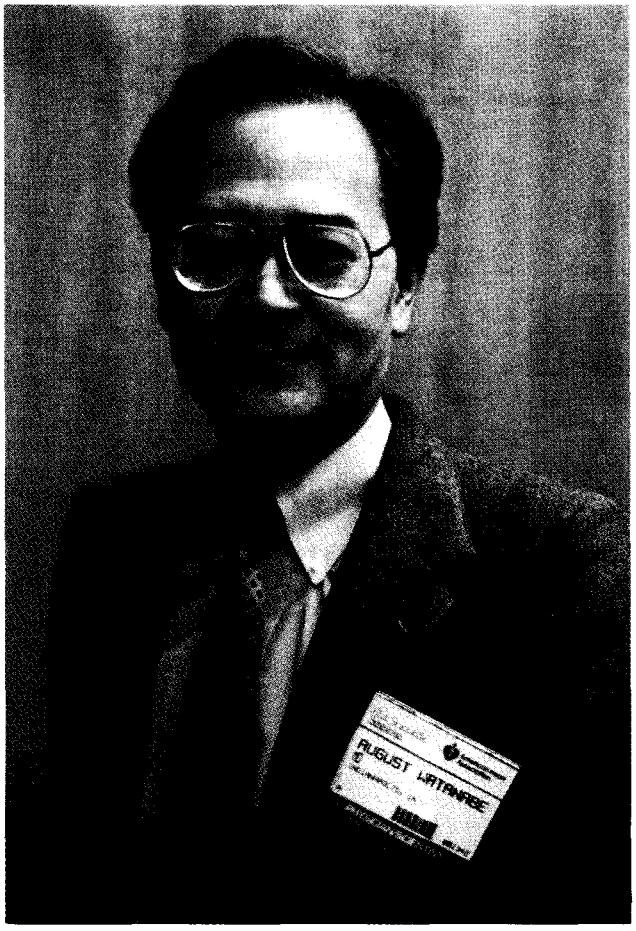
Can you tell me how a heart attack can happen? What can I do?

Jaime Brannock
Versailles, Kentucky

[Her mother had added a clarifying note:]

My daughter (9½) brought this to me to mail to you, and I see that she is very concerned about her grandfather, who just had a heart attack. She is "his little girl." They are very close. Any help you could give me with helping her to understand would be greatly appreciated. Of course, we are all devastated.

Tina Brannock
Versailles, Kentucky



Dr. August ("Gus") Watanabe was chairman of the 61st Annual International Scientific Meeting of the American Heart Association in Washington, D.C. To his credit, 28,000 physicians, scientists, and medical reporters attended—the largest turnout ever. Dr. Watanabe has chaired the meetings for the last three years.

Dear Jaime:

You can help your grandfather by asking your mother to take you to a doctor's office or a medical laboratory to have a test to screen for cholesterol in your blood. Cholesterol is just a long name for the fats in your body. There is bad cholesterol that makes sticky spots inside your blood vessels, and there is good cholesterol that flushes out the bad cholesterol to keep your blood flowing to every part of your body.

In your grandfather's case, it may well be that he had too much of the bad kind and not enough of the good kind.

What often happens in heart attacks is that the sticky bad cholesterol closes off some of the blood vessels to the heart; without blood and oxygen, that part of the heart can no longer pump blood. When this happens, the heart (which is mostly muscle) tries to pump and doesn't have any oxygen, and it usually becomes very painful.

We know a lot more now about who will suffer a heart attack or even a second heart attack than we did when your grandfather was young. We know that family members tend to have similar cholesterol patterns. We also know how to help those families in which the bad cholesterol tends to run dangerously high. Doctors can find out if a grandfather has this tendency by looking at the cholesterol of the man's children and grandchildren. That is where you come in.

If your cholesterol is higher than normal for a child your age, you can ask your mother to have a "fractionation of your cholesterols" done. This would tell whether your good cholesterol runs too low or whether your bad cholesterol runs too high. If either is true, naturally your mother and your grandfather would want to have theirs checked too. Then you could become an authority on how to get the family cholesterols into line so that none of your family members would remain in the "high risk" zone for a heart attack.

You can learn how to cook with good oils and how to avoid bad oils when you help your mother make favorite dishes for your grandfather. You can also help your grandfather take seriously the exercises his doctor prescribes. Good exercise habits help keep the cholesterol in balance.

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Heart specialists, such as Dr. Ken Cooper of Dallas, write whole books on what they have learned about the importance of exercise and diet and what people can do to prevent a heart attack.

• • •

I've always found it's a good idea to challenge children by telling them the truth about a lot of things they will have to reach up to understand. I've found that when you teach children something not found in your ordinary third-grade textbooks, they often respond in a most favorable manner.

There is so much known that needs to be acted on regarding the heart. We could prevent thousands of premature deaths if we could reach all the children through the schools and thus get to the parents whose health habits cause heart attacks.

The urgency of this need was never more graphically brought to my mind than last November, when I attended the 61st annual conference of the American Heart Association.

No less than 28,000 cardiologists, scientists, and members of the press attended this meeting, held at the convention center in Washington, D.C. Even in that enormous facility we found ourselves having to sit on the floor to hear research papers being presented. There was a feeling of urgency in communicating the lifesaving changes in lifestyle to everyone.

The international session brought scientists from 38 countries. A third of the papers presented were from overseas. Dr. August ("Gus") Watanabe, chairman of the event for the past three years, explained for our readers just what is involved in organizing such a gathering of high-powered cardiologists. A committee of 20 decides which abstracts will be presented, he said. This year, the committee received 8,000 papers, from which 2,600 were selected. Each paper is graded on a scale of one to ten. The grades are put into a computer. All this is done in July, before the meeting.

"The meeting has two main objectives," Dr. Watanabe said. "One is to provide state-of-the-art symposia and continuing medical education for physicians and nurses who take care of patients. The other is to present original research that has not yet been published. So it's very new stuff."

The silent heart attack was one of the most interesting subjects discussed at the November meeting. A portion of the heart can have its blood supply cut off without pain resulting. Until now it had been believed that ischemia (lack of oxygen) of the heart muscle would cause pain. The papers presented showed that this is not always the case.

Post: Exactly what is a silent heart attack?

Dr. Watanabe: So-called silent ischemia refers to ischemic heart disease and myocardial ischemia—lack of blood flow to the heart muscle—that doesn't cause any symptoms, so the patient may even be having a heart attack and isn't aware of it. This is a relatively new clinical entity that we've just, in the last few years, begun to realize is fairly common. And it's important. At the symposium, they discussed how one detects this, what the prognostic implications are, who we should screen for this problem, and so forth.

Post: How do you screen?

Dr. Watanabe: You have to do a certain kind of continuous electrocardiographic monitoring, sometimes called Holter monitoring. And if you set it up in the right way you can see changes in the EKG that indicate ischemia even though the patient may not be having any symptoms.

Post: Is it necessary to do the monitoring on a treadmill?

Dr. Watanabe: No, not necessarily, because the problem with it is it can happen at any time, while the patient's at home, maybe while he's sleeping at night or eating dinner. If it only happened on the treadmill, then we could detect it easily, but in these cases, it often happens even when the patient may not be exercising. The problem is it doesn't give them any symptoms—that's why it's called silent—and since they don't have symptoms, they don't know that anything is happening to them.

Post: How dangerous is a silent heart attack?

Dr. Ken Cooper, his wife, Millie, and their children, Berkley and Tyler, run at the Aerobics Center in Dallas. Exercise raises the good HDL cholesterol. Athletes who take anabolic steroids, however, come in with dangerously low HDL levels, Dr. Cooper says.

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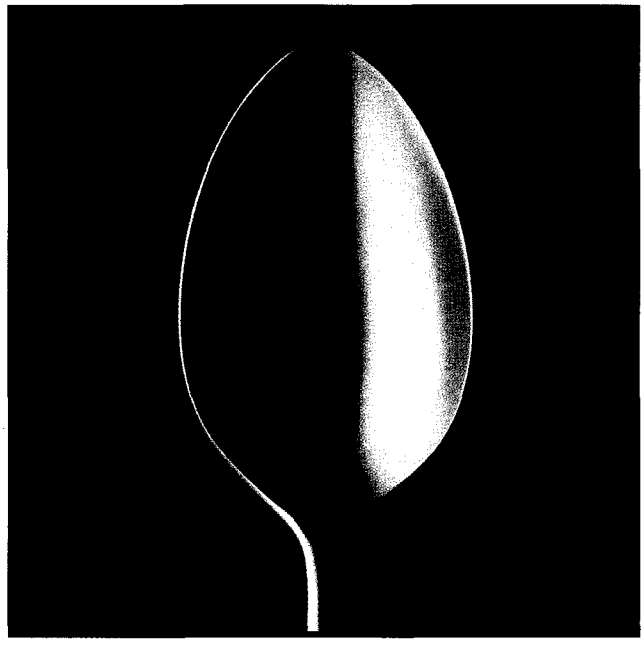

GRAB A WEAPON IN THE WAR AGAINST CANCER.

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THIRTY PERCENT OF AMERICANS WILL DEVELOP SOME FORM OF CANCER IN THEIR LIFETIMES.

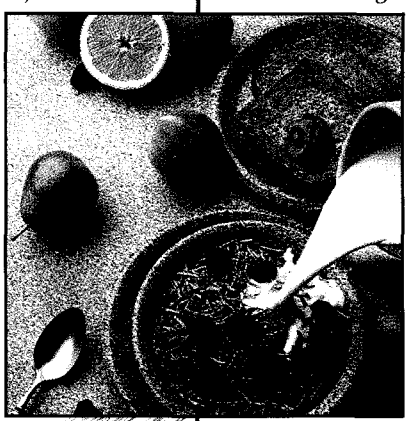
Most people think cancer happens to "other people" but one look at the odds, and you'll know nobody can consider themselves immune. Cancer is the second leading cause of death in the U.S., and there's certainly no disease more feared. If we don't want to lose the war against cancer, we should start using an important weapon: diet.

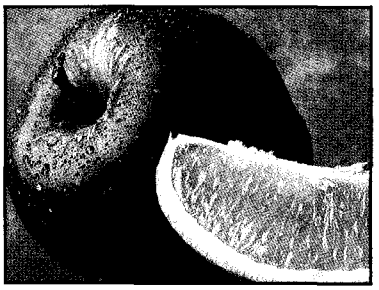
ONE-THIRD OF ALL CANCER DEATHS MAY BE RELATED TO DIET.

If there's a link between some kinds of cancer and diet, then maybe it's time for a change. A healthy diet that may lower your risk of certain kinds of cancer is one that's low in fats and includes fiber from a number of sources, including a variety of fruits and vegetables, and whole-grain and bran cereal. Citrus fruits and vegetables from the cabbage family, such as broccoli and cauliflower, are thought to be particularly good. One very accessible source of fiber is whole-grain and bran cereal, an inexpensive and convenient way to fit fiber into your diet on a daily basis.

SIMPLE DIETARY GUIDELINES FROM THE NATIONAL CANCER INSTITUTE TO REDUCE YOUR RISK:

1. Reduce your intake of fats. Americans normally consume about 40% of their calories from fat. The recommended fat intake is 30% or less.
2. Include fruits, vegetables, whole-grain breads and cereals in your diet on a daily basis. Not only are they high in fiber, but consumption of foods that are high in vitamin C (found in citrus fruits), and vitamin A (in dark green and yellow vegetables) has been correlated with lower risk of some kinds of cancer.
3. If you drink alcoholic beverages, do so only in moderation. Excessive drinking has been linked to increased risk of cancer of the upper gastrointestinal tract.





START YOUR DAY WITH A HEALTHY BREAKFAST.

A low-fat, high-fiber breakfast like whole-grain or bran cereal, fruit, whole wheat toast and skim milk is a healthy start to your day, and may help remind you to eat right all day long. Besides, there's hardly any breakfast easier to fix, even on your busiest morning. When it comes to something as serious as reducing your risk of cancer, how can you say no to something as simple as eating a healthy diet starting with a good breakfast?

This message brought to you by Kellogg's, where a healthy breakfast starts.

For more information on diet and cancer prevention, including a special brochure on fiber and coupons for Kellogg's® cereals, write to: Kellogg's Healthy Life, P.O. Box 1989, Battle Creek, MI 49016-1989. And for more information, call the National Cancer Institute toll-free at 1-800-4-CANCER.

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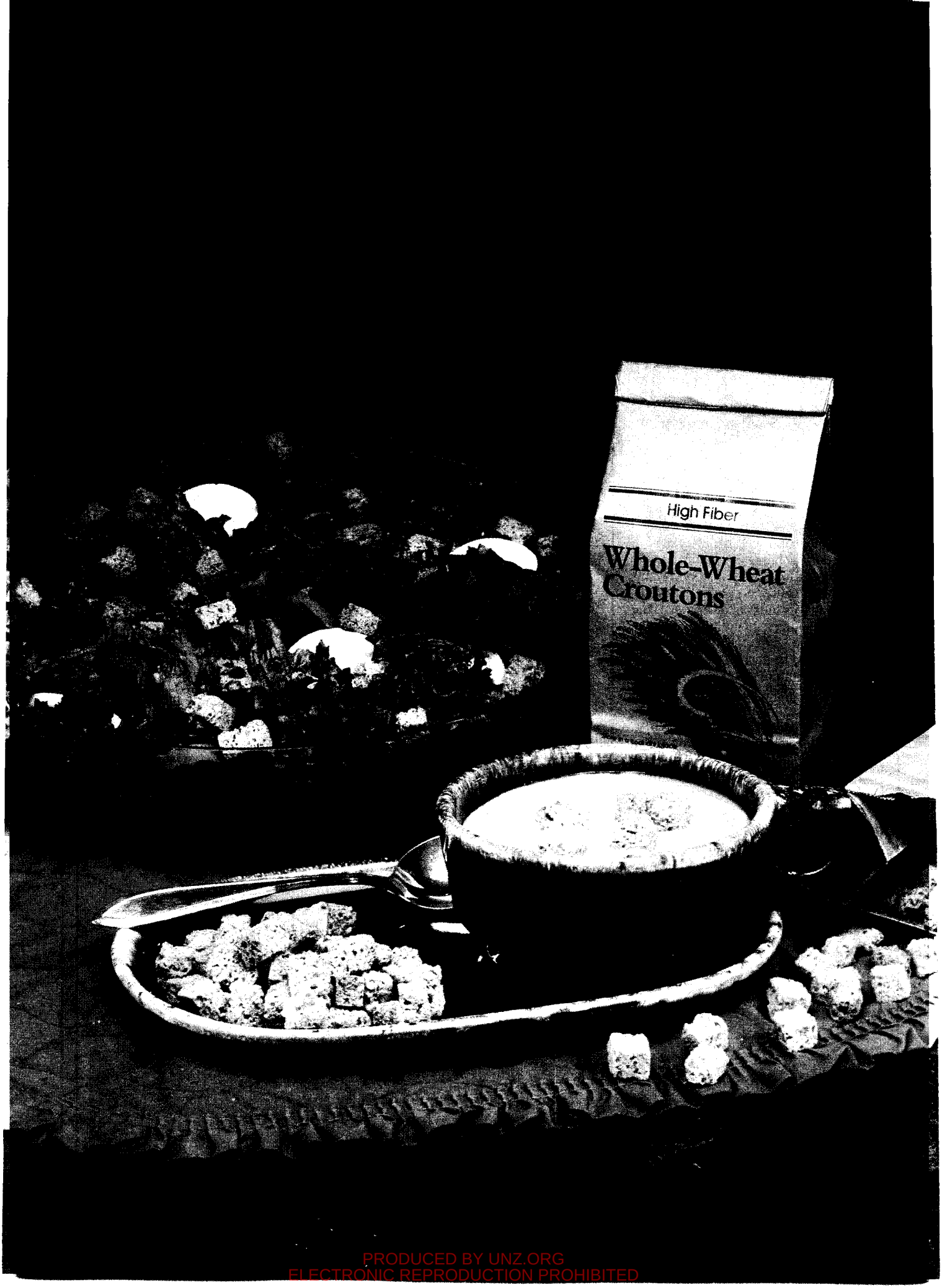

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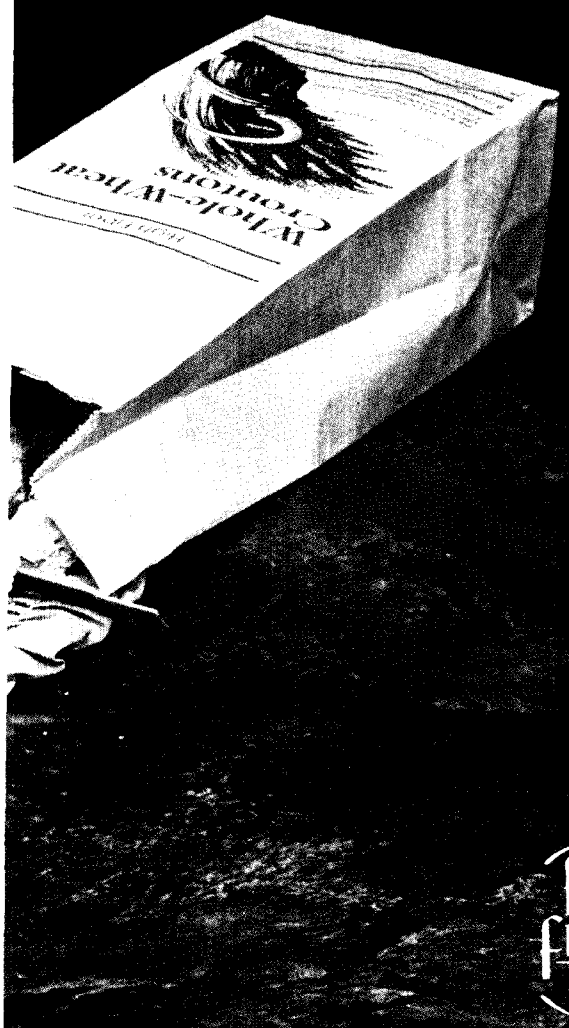
That's right, we've finally found a manufacturer (ROTHBARD FARMS®) who will produce Whole-Wheat Croutons for us. And by signing up for the POST right now, you'll be fibering up *FREE* with this delicious way to safeguard your health.

- You can toss them on your salad.
- You can float them on your soup.
- You can add them to your poultry dressing.
- You can camouflage them in your meat loaf.
- You can pop them in your mouth right out of the bag.

And you can get a bag of these versatile whole-wheat goodies with your one-, two-, or three-year subscription to the magazine that grew up with America. Our hope is that we can continue to ship these healthful morsels until demand ensures their availability in supermarkets across the country.



You ask why whole wheat is so important? We'll tell you. Simply by eating 50 grams of fiber a day, you lessen the risk of developing colon cancer. Incorporating that many grams of fiber in your daily diet, however, is not easy; you need all the help you can get. Fiber gurus meeting at a fiber convention in Bethesda, Maryland, were quick to ask for whole-wheat bread. Some advocate as many as seven slices a meal to help bolster their fiber. When the hotel ran out of whole wheat, did they stop eating bread? No, they ate bread baked with refined flour. As Dr. Denis Burkitt, the godfather of the fiber movement, says, "Eat the bread...you need the wheat. Grain is so important."

You may be thinking: Shucks, I get all the fiber I need from the vegetables I eat. Think again. Lettuce is mostly packaged water. A whole dish of lettuce would provide less than 1 gram of fiber. A whole tomato, 1.4 grams. A large serving of roast beef, 0. A slice of white bread made with refined flour, less than 1 gram. But a slice of whole-wheat bread, at least 4 grams. Get the picture?

Even as we want you to keep regular the easy way, we also want you to be a regular subscriber to the All-American magazine published with your health, wealth, and welfare in mind. We invite your participation in our all-out effort to reduce the costs and the pain of today's foremost medical problems. We want to catch them before they begin, in fact, because some degenerative diseases from years of abuse are irreversible.

If you fill out the card today, the *FREE* croutons and the *POST* will soon be on the way. And you'll find that both are good for the whole family.

THE SATURDAY EVENING POST
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Dr. Watanabe: It might be damaging to the heart muscle. It might even, in some cases, cause sudden death. In other words, it's very dangerous.

Post: What causes silent heart attacks, and how many people do you think suffer from this problem?

Dr. Watanabe: Well, it's caused by coronary artery disease, generally; sometimes by spasm of coronary arteries, but mostly by coronary artery disease, which is to say arteriosclerosis of the coronary artery. We really don't know [the percentage of patients affected], but the main point here is that this entity is now being recognized, and it will be studied further. I'm sure people will hear a lot more about it.

Post: What about the heart drug TPA? TPA's passage through the FDA approval process created a stir on Wall Street as well as in medical circles.

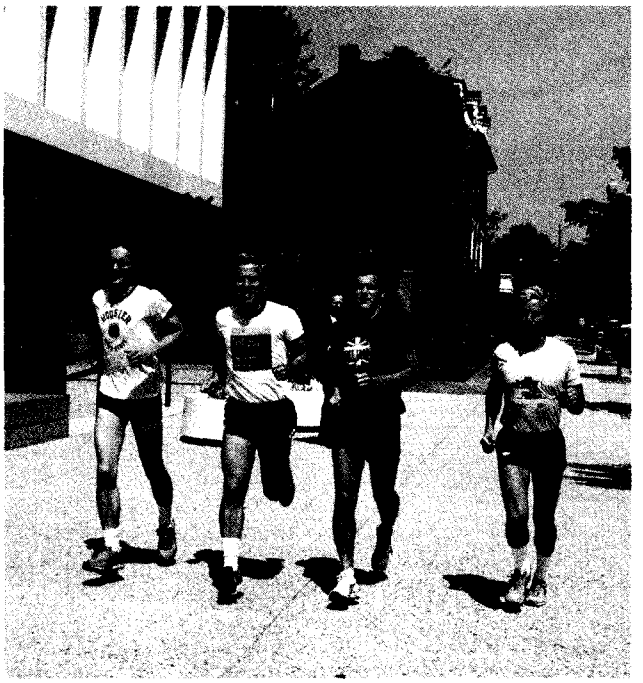
Dr. Watanabe: That was a real controversial thing. There were a number of editorials written and letters to the editor, and the FDA Cardiovascular and Renal Drug Advisory Committee that advises the FDA on such decisions took a lot of heat. In fact, I think there were articles in the *Wall Street Journal* and other lay press about it. One of the reasons that there was so much interest in it was that TPA is made by Genentech, which is, as you know, one of the high-profile biomedical recombinant DNA-type drug companies, and this delay affected the value of their stock. So Wall Street got involved as well, but eventually TPA was approved—I believe about a year ago. Now it's being used widely. The main problem with TPA is it's very expensive. It costs several thousand dollars to treat a single patient, and it's much more expensive than the other alternative to TPA, which is streptokinase. People are still arguing that we need to prove that TPA is better than streptokinase.

Post: Is TPA better?

Dr. Watanabe: Well, there are suggestions that it is, although there are currently some head-to-head studies being done that will prove once and for all whether or not it is better.

• • •

Congestive heart failure, "still one of the real difficult problems that we have," Dr. Watanabe said, was another important topic of discussion at the meeting. In one session, newer drugs for treating heart failure were discussed, and in another session, the role of heart transplantation. "It turns out that heart transplantation is by far the best way of treating advanced refractory heart failure," Dr. Watanabe said. "The data are the best with transplantation, much better than we can get with drugs. The problem is that we can't get enough organs, so it's still a treatment that's limited to only a small percentage of the patients who might benefit from it."



One of Dr. Cooper's earliest disciples, Richard Lugar (second from left) is often referred to as "America's fittest U.S. senator." Whether overseas, on the campaign trail, sponsoring the annual Dick Lugar Health Fair in Indianapolis, or rubbing elbows with his constituency, Lugar logs in 15 to 20 miles of running a week—a habit that has paid off nicely. "His level of fitness is phenomenal," Dr. Cooper says.

Post: How about the artificial heart?

Dr. Watanabe: There was really very little discussion of artificial hearts at this meeting. I think that means that we're not really making much progress right now. There's a real problem as far as coagulation difficulties and so forth.

Post: Perhaps the study that attracted the most interest from the press came from a comparison of varying treatments for heart attack victims.

Dr. Watanabe: This was a large study in which they evaluated patients who had a heart attack and received thrombolytic therapy within four hours of the onset of chest pains. The patients were randomized into one of two groups. One was a "conservative management group," meaning that they just did the normal conservative treatment of heart attack patients. A second group that was randomized too was the aggressive treatment group. All those patients had heart catheterization, and then, if appropriate, they had balloon angioplasty or coronary bypass surgery. So that group was much more aggressively managed.

It was an interesting conclusion because what they found was that the results were no better in the aggressively managed patients than in the conservatively managed ones as far as left ventricular function is concerned, and they looked at several other end points too. On the other hand, the aggressively managed group, the ones that had heart catheterization, had more complications. More of them bled, more of them needed blood transfusions, and then of course, the cost was much more for that group of patients than for the conservative group. That was an important study, because it has implications for how to treat patients with heart attacks, and it looks like a more conservative approach will lead to as good an end result as the more aggressive approach.

Post: What is the conservative approach, today?

Dr. Watanabe: Well, in this particular case it was thrombolytic therapy with TPA, and then they continued the patients on heparin and aspirin and took care of them in the coronary-care unit like you normally would. Prior to discharge they were given a limited stress test. If the stress

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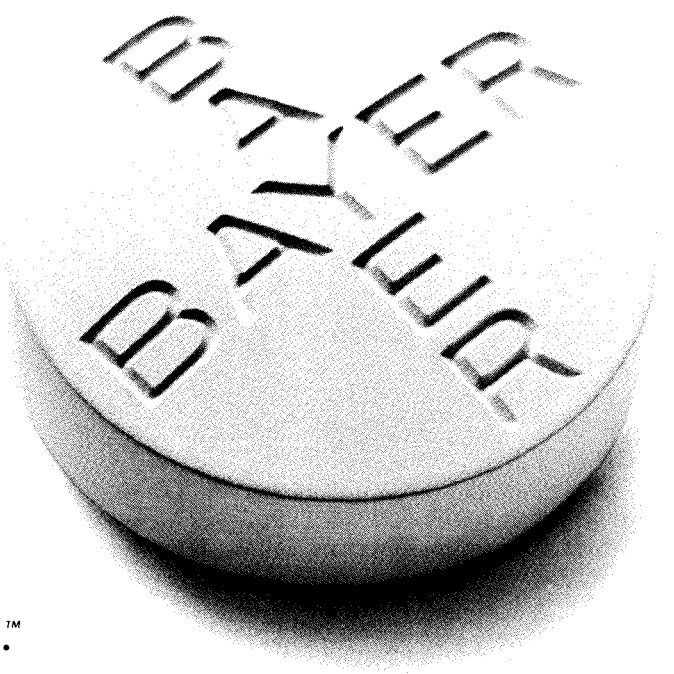

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test was positive, they went ahead and studied them, but if it was negative, they just sent them home and followed their conditions.

Post: Heart attack deaths are decreasing in the United States. What is causing this if it's not our aggressive treatments?

Dr. Watanabe: Well, we really are making substantial progress in decreasing mortality from cardiovascular disease. I can't quote you the exact percentage reduction in the last ten years, but it's really pretty dramatic, and I think it's important for the public to be aware of that. This is very different from any other major category of disease. For example, cancer: although we've made some progress in early diagnosis and better therapy, there are no dramatic reductions in large populations of the mortality from cancer.

But there are clear-cut, dramatic reductions of mortality from cardiovascular disease, and I think that's due to several things. For one, better awareness by the public of risk factors such as smoking, dietary factors, cholesterol, etc. I think there is generally a better awareness and people are changing their lifestyles.

The second major thing is that we've got better drugs, particularly for treating hypertension, and therefore, we've reduced hypertension as a risk factor.

The recent data regarding cholesterol pretty convincingly show that it is an important risk factor, and that if you lower the cholesterol you'll reduce the risk for cardiovascular disease. I think that is going to help our reduction in mortality even more.

Also, coupled with that is the development of some new cholesterol-lowering drugs such as Mevacor, and there are many others coming down the pike.

Post: Doesn't Mevacor, like niacin, have side effects on the liver?

Dr. Watanabe: Yes. When you take Mevacor you have to follow your liver functions every four to six weeks, and the other problem with Mevacor, it's very expensive. It's over a dollar a pill.

Post: Is the risk of taking niacin justified for patients who can't afford Mevacor?

Dr. Watanabe: Yes, however, it is important to follow those tests to make sure there are no abnormalities developing.

Slow-Mag users will be interested in this large display by the J.D. Searle company at the American Heart Association convention. The use of this enteric-coated magnesium chloride preparation for supplementation along with potassium for all hypertensive patients on diuretics was suggested to physicians visiting the booth. Quaker Oats, Kellogg Company, Puritan Oil, Bayer Aspirin, and many other food and drug manufacturers displayed their heart-saving wares at the convention.

Although prevention was a topic of numerous sessions at the symposium, Dr. Watanabe explained that among medical specialists, sessions about new drugs and new treatments generally draw the big crowds. "Most of the big symposia don't deal with primary prevention of heart disease, unfortunately," he said. "What they deal with is how do you treat it after the disease is there.

"Primary prevention—changing the diet, stopping smoking, those sorts of things—is also very important, probably even more important."

Post: Is there a huge difference in coronary artery disease in areas where the diet is radically different, as in Africa?

Dr. Watanabe: Well, it's a lot lower there, yes.

Post: What about Asians, now that they have a higher standard of living? Is there more heart disease?

Dr. Watanabe: It's low in Japan. But it's probably intermediate in the Japanese who live in Hawaii. In Japanese who live in the [continental] United States, it's just the same as Caucasians who live in the United States. That indicates that the cause of coronary artery disease is importantly related to diet.

• • •

To learn about the latest research in prevention through diet and exercise, we interviewed an old friend, Dr. Kenneth Cooper, the father of aerobics and the man New York Medical College called "the leader of the international physical-fitness movement who has motivated more people to exercise in pursuit of good health than any other person."

Dr. Cooper does research at the Cooper Clinic in Dallas, Texas, where he is the director of the Aerobics Center. His seventh book, *Controlling Cholesterol*, appears to be a permanent resident on the bestseller list.

Post: Your book *Controlling Cholesterol* has been on the bestseller list for weeks. Can you explain why it is so popular?

Dr. Cooper: It's been amazing to me. The book has sold almost 200,000 copies in hardback form, and the first printing in January in softback is 700,000. But I'll tell you, I'm speaking constantly—three or four times a week, literally all over the world—and whenever I hit cholester-

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ol, that is the key topic. Fitness, yes, but cholesterol—everybody has questions about cholesterol. The thing about it is it's something that we *can* do. If we have a problem, we can correct the problem. That's the exciting thing. Now, with medications in cases where patients don't respond to a more conservative approach, there's hope. I think that's why people are so turned on to cholesterol.

Post: At your clinic you emphasize exercise for controlling cholesterol.

Dr. Cooper: Exercise, diet control, and weight loss—those are the principal three. We try to correct the things that may be having an effect on the cholesterol ratios—such as cigarette smoking, the birth-control pill, and obesity, which lower the HDL [the "good" cholesterol]. You may have seen the *American Journal of Cardiology* article by Peter Wood and the group that's really been misinterpreted in the literature. I saw something in the *Dallas Morning News* a couple of days ago—it was an AP wire—that talked about exercise being not as valued in increasing the HDL. The Peter Wood study from Stanford showed that in a well-matched group, one group lost weight by exercising and one group lost weight by dietary restriction. They both had the same results as far as decreasing the total cholesterol and increasing the HDL. So some reporter assumed that exercise [itself] has no effect on increasing the HDL, and that it is actually the weight loss from exercising that causes the HDL to increase. That is simply *not* true. We have at least three published articles that have shown that people can increase the HDL even though the weight remains constant if they get involved in good aerobic exercise. So that's sort of a controversial thing.

It's the same as the Ralph Paffenberger study when it came out saying that you had to expend 2,000 calories per week to get an extension of your life span of 2.4 years. Some reporter said you've got to run 20 miles a week then, because running a mile is worth about 100 calories. Well, that's not what Paffenberger said. He was completely misquoted. What Paffenberger showed was total activity, not just strictly regimented-type physical activity in a conditioning program. That 2,000 total expenditure per week includes your exercise program plus walking up and down a flight of stairs plus walking to the store plus to the bus stop. In fact, you'll find that if you compare my work recommending 30 points per week and Paffenberger's work recommending a total of 2,000 calories per week, there's really not that much difference. So again we're trying to quantify these things.

We know that the press does tend to misinterpret, and certainly they did with HDL cholesterol and exercise, because if you want to improve the HDL cholesterol, food's not going to do it. Stopping smoking, stopping using the birth-control pill, losing weight, and aerobic exercise increase the HDL cholesterol. The worst offender without question for lowering the HDL cholesterol is anabolic steroids.

You see the lowest HDLs and the very highest ratios in these weight lifters who come to us and know that we know they're taking steroids.

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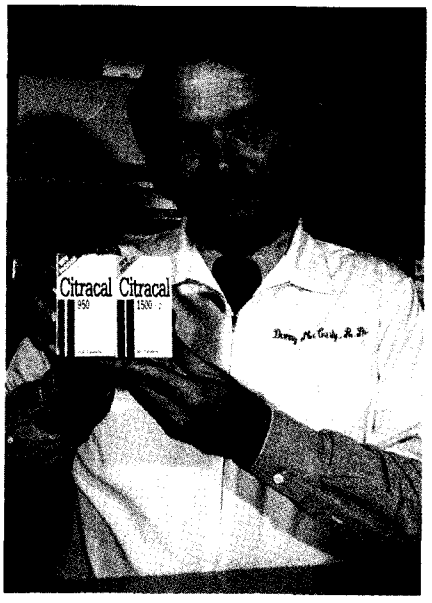

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  Michael J. Nicar, Charles Y.C. Pak, "Calcium Bioavailability from Calcium Carbonate and Calcium Citrate," Journal of Clinical Endocrinology and Metabolism, Vol. 61, p. 391-393, 1985.

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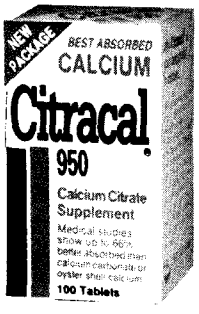

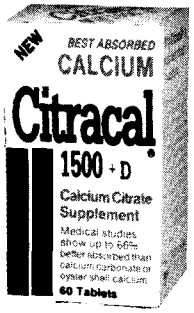

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FOOD

FOODS THAT FIGHT CHOLESTEROL

Monounsaturated oils and delicious seafoods can help you eat well and avoid heart disease.

by Allen Simon

Most cooking oils look alike, but they aren't alike in the way they affect your health. Some oils are better for you than others. A few can actually help protect you against heart disease.

Lard, butter, and other shortenings are the cooking agents to avoid. They are high in saturated fats, which increase blood cholesterol and lead to clogged arteries. Most saturated fats come from animal products, but some are vegetable. Coconut and palm-kernel oils, for example, are high in saturated fats, and though they are little used for cooking, they are found in many processed foods, from cereals to candy bars to some microwave popcorns. Avoid them when possible.

Polyunsaturated oils are a step in the right direction. These include corn, cottonseed, safflower, sesame, soybean, and sunflower oils, which con-

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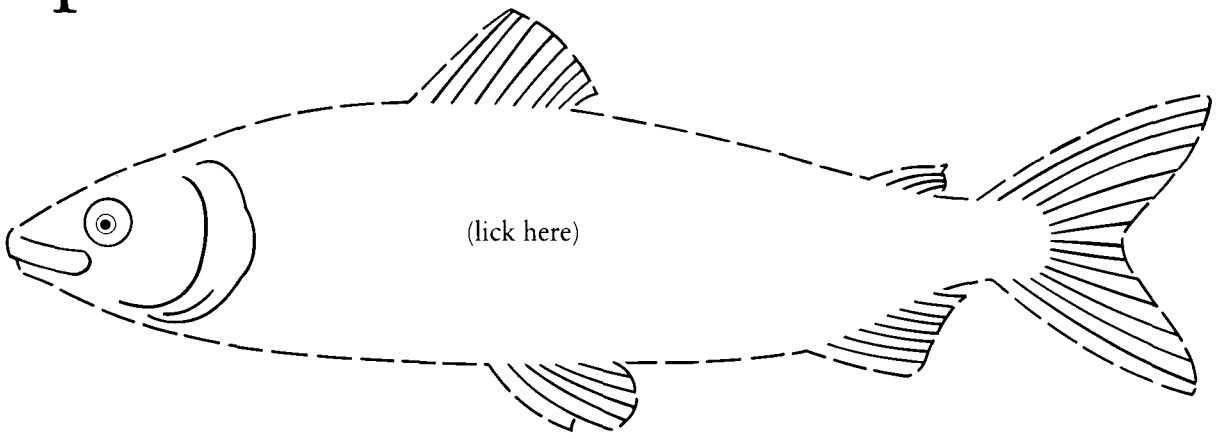

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tain no cholesterol. Polyunsaturated oils actually help reduce blood cholesterol levels. But polyunsaturates' effects aren't all beneficial: they reduce both "good" and "bad" cholesterol. For a healthy heart your body needs less low-density lipoprotein (LDL) cholesterol and more high-density lipoprotein (HDL) cholesterol. By lowering both, you're not gaining much.

Fortunately, another group of oils seems to be just what the doctor ordered. The monounsaturates in avocado, olive, peanut, and canola oils reduce the LDL but do not affect the HDL. This increases the important HDL- to total-cholesterol ratio and helps keep arteries from clogging.

Studies have shown that people who eat more monounsaturates have lower levels of bad cholesterol than those who simply eat a low-fat diet.

Does this mean you should throw out your corn oil and sunflower oil and use only monounsaturates? Not entirely. Researchers say a certain amount of the essential fatty acid in polyunsaturates is necessary for the body's system. You can help your heart by reducing your use of polyunsaturates and increasing your consumption of monounsaturated oils.

One of the best and newest monounsaturates is canola oil, which, at 6 percent saturated fat, is the lowest in saturated fats of all of the monounsaturated and polyunsaturated oils. Canola oil can be used on salads and for cooking.

Avocado oil has a delicate essence of avocado flavor and makes delicious mayonnaise or salad dressing. Because of its high smoke point, avocado oil is excellent for cooking.

Peanut oil has a nutty richness that adds flavor to Chinese stir-fry dishes.

Olive oil, a necessity in authentic Italian and Greek dishes, is good in salad dressing.

And what about those highly touted fish oils? Well, they are primarily polyunsaturates that contain the fatty acid omega-3, especially effective for lowering blood cholesterol and triglycerides. Cold ocean fish, particularly tuna, salmon, mackerel, and herring, have omega-3, as do choles-

A healthful and appealing poached salmon is the perfect *pièce de résistance* for a party buffet table. If you entertain often, a poaching pan and a salmon serving board would be good investments.

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terol-rich shrimp and lobster (taken off the list of no-nos and declared desirable when eaten in moderation). Canola oil, soybeans, walnuts, walnut oil, and wheat germ are also sources of omega-3.

The following recipes contain all that is currently known to be good in cooking oils. You can eat them with added pleasure knowing you are doing something good for your heart.

Poached Salmon with Mustard Sauce
(Makes 10-12 servings)

2 quarts water
2 cups dry white wine
1 small onion, vertically sliced
4 lemon slices
10 peppercorns
3 parsley sprigs
2 bay leaves
1 teaspoon salt, if desired
1 (5-6 lb.) whole fresh or frozen Alaska salmon, thawed if necessary
1 envelope unflavored gelatin
Garnishes: sliced cucumber, lemon slices, cherry tomatoes, lettuce, and celery leaves
Mustard sauce (see recipe below)

Add water, wine, onion, lemon, and seasonings to poaching pan; bring to boil. Wrap salmon in cheesecloth; leave long ends on cloth to serve as handles for removing from poaching liquid. Immerse salmon in boiling liquid; add additional boiling water, if necessary, to cover salmon. Cover; reduce heat and simmer gently. Allow 8-10 minutes per pound or 10 minutes per inch thickness of fish at thickest part; poach until fish flakes easily when tested with fork. Remove salmon from liquid; gently remove skin and dark layer while still warm. Strain liquid; cool completely. Soften gelatin in 2 cups cooled liquid; heat to dissolve gelatin completely. Chill until mixture barely starts to thicken. Spoon gelatin mixture over salmon; use just enough to coat salmon completely. Chill 10 minutes. Decorate salmon with sliced cucumber; spoon thin layer of gelatin mixture over decorated salmon. Chill. Garnish platter with lemon slices, cherry tomatoes, lettuce, and celery leaves. Serve with mustard sauce or one of the optional sauces, below.

Mustard sauce: Combine 2 cups plain yogurt, 2 tablespoons Dijon mustard, 1 tablespoon minced onion, 1 teaspoon grated lemon peel, ½ teaspoon dill weed, and ⅛ teaspoon hot-pepper sauce; mix well. Makes 2 cups.

Cucumber sauce: Combine 1 cup chopped cucumber, ¼ cup chopped mild onion, 2 tablespoons *each* white vinegar and vegetable oil, and ¼ teaspoon *each* salt and coarsely ground pepper. Chill 1 hour. Makes 1¼ cups.

Remoulade sauce: Combine 1 cup lowfat mayonnaise, 1 tablespoon minced parsley, 1 tablespoon chopped dill pickle, 2 teaspoons minced shallots or green onion, 1 teaspoon chopped capers, 2 minced anchovy fillets, and ¼ teaspoon crushed chervil or tarragon. Chill 1 hour. Makes 1 cup.

Choosing the Right Oils

Cooking oils to use more of:
peanut oil
avocado oil
olive oil
canola oil
Cooking oils to use less of:
sesame oil
safflower oil
cottonseed oil
corn oil
sunflower oil
soybean oil
Cooking oils to avoid:
coconut oil
palm-kernel oil
margarine with more saturated than polyunsaturated fat
butter
palm oil

Mexican Rice
(Makes 6 cups)

2 cups uncooked brown rice
1 tablespoon Puritan vegetable oil (canola)
1½ cups water
2 cups chicken broth
1 cup chopped tomato
½ cup chopped onion
½ teaspoon salt, if desired

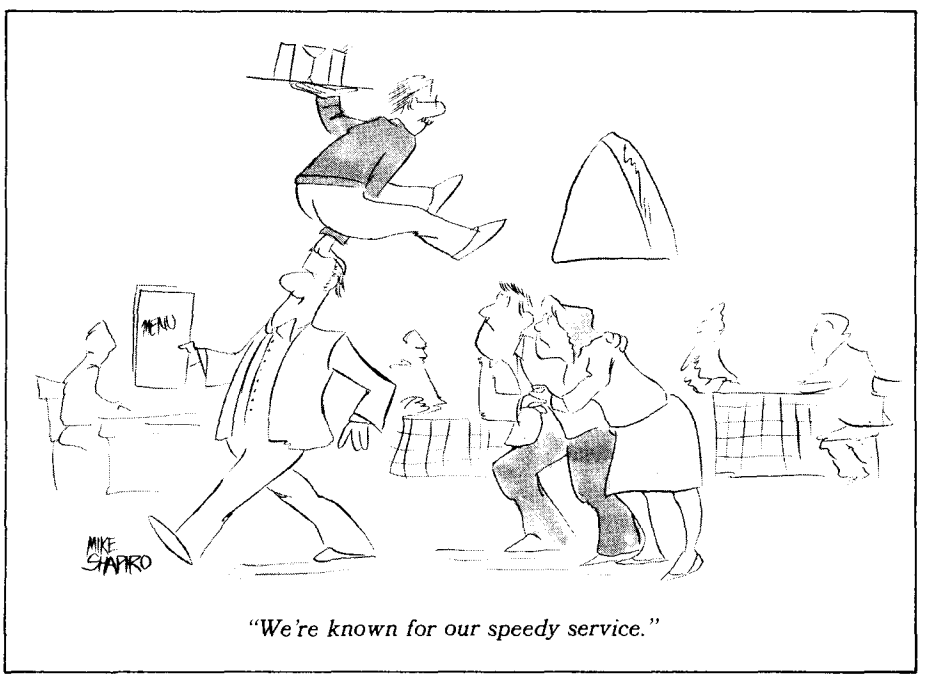
Sauté brown rice in vegetable oil in large saucepan 5-8 minutes. Add remaining ingredients; cover and simmer 45-55 minutes or until rice has absorbed liquid.

When making chicken broth, be sure to remove all fat from liquid by freezing broth and scraping fat that has come to the surface.

Double Corn Muffins
(Makes 12 muffins)

1 cup cornmeal (high-lysine, if available)
1 cup flour
4 teaspoons baking powder
1 tablespoon sugar, if desired
1 teaspoon salt, if desired
¼ cup Puritan oil (canola)
1 cup skim milk
1 egg, beaten, or 2 egg whites, beaten
1 cup drained whole-kernel corn

Preheat oven to 425° F. Combine dry ingredients. Combine oil, milk, and egg. Add liquid to dry ingredients; mix enough to dampen flour. Fold in corn. Spray muffin pan with vegetable spray. Fill muffin wells ⅔ full with batter. Bake 20-25 minutes.



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200583. John Lennon: Imagine/Soundtrack. Jealous Guy, Mother, more. (Capitol)

174328. George Harrison—Cloud Nine. Got My Mind Set On You, more. (Dark Horse)

134347. Huey Lewis: Small World. Latest good time rockers include Perfect World, more. (Chrysalis)

115356. Vivaldi, The 4 Seasons—Trevor Pinnock. (Archiv *DIGITAL*)

180187. Bruce Hornsby & The Range: Scenes From The Southside. The Valley Road, more. (RCA)

100008. Randy Travis: Old 8x10. Honky Tonk Moon, Deeper Than The Holler, more. (Warner-Bros.)

125179. Tchaikovsky, 1812 Overture; Nutcracker Suite; more—Solti. (London *DIGITAL*)

163629. Whitesnake. Still Of The Night, Give Me All Your Love, more. (Geffen)

100517

200596. U2: Rattle & Hum. Live set includes I Still Haven't Found What I'm Looking For, Desire, more. (Island)

182522. Dirty Dancing/ Original Soundtrack. (I've Had) The Time Of My Life, more. (RCA)

200478. Metallica: And Justice For All. One, Blackened, title song, more. (Elektra)

100603. Kenny G: Silhouette. We've Saved The Best For Last, more. (Arista)

154404. Chicago 19. Don't Wanna Live Without Your Love, Heart In Pieces, etc. (Reprise)

115457. Itzhak Perlman: French Violin Showpieces: Carmen-Fantasy, Havanaise, more. (DG *DIGITAL*)

144578. The Judds: Greatest Hits. Give A Little Love, Mama He's Crazy, etc. RCA

223559. Beach Boys: Endless Summer. 20 Greatest Hits.

115306. Handel, Water Music—Trevor Pinnock. (Archiv *DIGITAL*)

100601. Squeeze: Classics. Take Me I'm Yours, Striking Matches, Tough Love, more. (A&M)

104898. Cream: Disraeli Gears. Sunshine Of Your Love, more. (Polydor)

173233. James Galway: Greatest Hits. (RCA)

154633. Steve Winwood: Roll With It. Don't You Know What The Night Can Do?, Holding On, etc. (Virgin)

100470. Vangelis: Direct. (Arista)

153582. Tracy Chapman: Fast Car, Talkin' Bout A Revolution, Baby Can I Hold You, etc. (Elektra)

115436

152854. Whitney Houston: Whitney. Didn't We Almost Have It All, etc. (Arista)

150913. Van Halen: *OU812.* (Warner Bros.)

134073. Richard Marx—Hold On To The Nights, Endless Summer Nights, Should've Known Better, etc. (EMI)

163579. Segovia Plays Ponce, Rodrigo & Torroba (MCA)

100579. K.T. Oslin: This Woman. Money, title song, Hey Bobby, etc. (RCA)

100035. Robert Palmer: Heavy Nova. Simply Irresistible, etc. (EMI-Manhattan)

120768. 20 Greatest Love Songs Of The 50s & 60s. (Laurie)

123721. Jimmy Page: Outrider. (Geffen)

134321. Led Zeppelin. Houses Of The Holy—*The Song Remains The Same*, more. (Atlantic)

105392. Pops In Space—Boston Pops/Williams: Star Wars, Superman, more. (Philips *DIGITAL*)

173406. Jazz CD Sampler. 15 performances from Louis Armstrong, others! (PolyGram)

123790. James Taylor's Greatest Hits. Fire And Rain, Sweet Baby James, more. (Warner Bros.)

154537. Carly Simon: Greatest Hits Live Anticipation, You're So Vain, more. (Arista)

115541. Bach, Brandenburg Concertos 1-3—Pinnock. (Archiv *DIGITAL*)

172190. Elvis Presley: 18 No. 1 Hits (RCA)

134267. Mozart, Overtures. Marriner. (Angel *DIGITAL*)

100591. Steve Miller: Born To Be Blue. Ya, Ya, more. (Capitol)

273965. Sting: Nothing Like The Sun. We'll Be Together, more. (A&M)

134647. J. R. Baker: Rhapsody In Electric Blue. Gershwin on synthesizer! (Newport Classic *DIGITAL*)

244006. Simon & Garfunkel: The Concert In Central Park. [1 disc] (Warner Bros.)

124705. Jethro Tull: Aqualung. (Chrysalis)

134408. David Sanborn: Close-Up. Slam, You Are Everything, Way, etc. (Warner Bros.)

153606. INXS: Kick. Need You Tonight, New Sensation, etc. DIGITAL (Atlantic)

153621. Beethoven, Symphony No. 7; more. Royal Phil. Previn. (RCA *DIGITAL*)

164165. Bobby McFerrin: Simple Pleasures. Don't Worry Be Happy, All I Want, etc. (EMI)

125264. Horowitz in Moscow—Scarlatti, Mozart, Rachmaninov, others. (DG *DIGITAL*)

144313. Classic Rock: Vol. 1. Elton John: Bennie & The Jets, more. (MCA)

170348. Guns 'N' Roses: Appetite For Destruction. Welcome To The Jungle, It's So Easy, etc. (Geffen)

163322. Elton John: Greatest Hits, Vol. 1. Your Song, Daniel, others. (MCA)

160027. Alabama: "Live". Love In The First Degree, There's No Way, Dixieland Delight, etc. (RCA)

100516

130230. Crosby, Stills, Nash & Young: So Far (Greatest Hits). Suite: Judy Blue Eyes, more. (Atlantic)

124546. The Moody Blues: Sur La Mer. I Know You're Out There Somewhere, No Lies, etc. (Threshold)

143293. Glenn Miller Orchestra: In The Digital Mood. (GRP)

114780. Cinderella: Long Cold Winter. Gypsy Road, Don't Know What You Got (Till It's Gone), etc. (Mercury)

154358. Slatkin Conducts Pictures At An Exhibition, more—(RCA *DIGITAL*)

144659. The Best Of The Spencer Davis Group. Steve Winwood & Co. on *Gimme Some Lovin*, etc. (EMI)

100352. Diane Schuur: Talkin' 'Bout You. Title song, Funny (But I Still Love You), etc. (GRP)

104857. Benny Goodman: Sing, Sing, Sing. Title song, more. (RCA)

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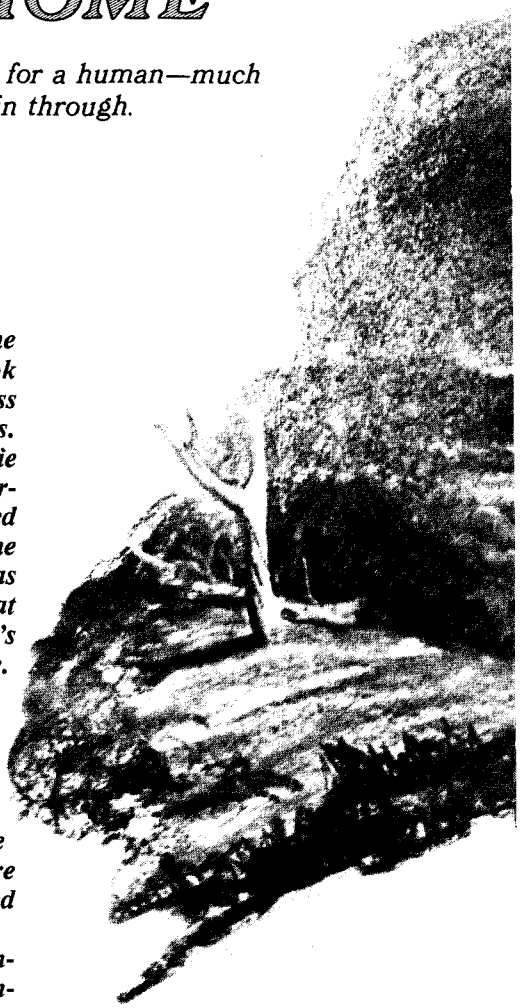
LASSIE COME HOME

A thousand miles of tor and brae is a long way even for a human—much too far for any dog to travel blindly and win through.

by Eric Knight

Illustrated by Arthur D. Fuller



Editor's note: *On December 17, 1938, a collie named Lassie was introduced in the pages of* **The Saturday Evening Post.** *Lassie epitomized the traits that make a dog man's best friend. Sold by a poor Yorkshire family to the wealthy duke to help make ends meet, the loyal Lassie refused to be taken from her master. Even from a thousand miles away she found her way home, and from there she stole into the hearts and imaginations of millions of readers.*

Lassie's creator, the British-American writer Eric Knight, knew about dogs. As a boy in Yorkshire, he had heard many dog stories from his uncle. He also knew about the difficulties of life in that area of England and later mentioned that "Lassie Come Home" was never so much a story about a dog as about a man and a boy: a father who accepted fate and a son who still had faith in miracles and believed in dreams.

After appearing in the **Post,** *the "Lassie" story was enlarged to book form and went through countless printings in more than 25 languages. The book spawned a popular movie that galvanized the career of 14-year-old Roddy McDowall and introduced the young Elizabeth Taylor. The movie's sequel,* **Son of Lassie,** *was even more popular, and after that came a TV series that carried Lassie's name to the far corners of the globe.*

The TV Lassie sometimes remained true to Eric Knight's creation and sometimes went ridiculously beyond anything Knight would have approved. For Lassie was based on reality. The real Lassie was a collie named Toots that Jere Knight, the author's wife, described as Eric Knight's shadow.

Toots was Knight's great companion and watchdog, as well as his inspiration for "Lassie" and other stories.

Knight did not live to see the ultimate success of "Lassie"—its universal acceptance as a classic. As an army major in World War II, he died in January 1943 when his transport plane was shot down en route to North Africa. Toots died of old age in April 1945 and is buried at the Pennsylvania farm where "Lassie" was written. Knight's widow still lives there, still raises collies, and still receives mail from all over the world addressed to Eric Knight and Lassie.

A 50th-anniversary edition of the book **Lassie Come Home** *will be published in 1990 by Holt, Reinhart and Winston. What follows, however, is the original "Lassie Come Home" as it appeared 50 years ago in* **The Saturday Evening Post.**

"Take this dog," roared the duke, "and pen her up! And if she breaks out again, I'll—I'll——"

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There would be moors to cross. And then those great, long lochs that stretch almost from one side of that dour land to another would bar the way and send a dog questing a hundred miles before it could find a crossing.

The dog had met the boy by the school gate for five years. Now she couldn't understand that times were changed and she wasn't supposed to be there any more. But the boy knew.

So when he opened the door of the cottage, he spoke before he entered.

"Mother," he said, "Lassie's come home again."

He waited a moment, as if in hope of something. But the man and woman inside the cottage did not speak.

"Come in, Lassie," the boy said.

He held open the door, and the tricolor collie walked in obediently. Going head down, as a collie will when it knows something is wrong, it went to the rug and lay down before the hearth, a black-white-and-gold aristocrat. The man, sitting on a low stool by the fireside, kept his eyes turned away. The woman went to the sink and busied herself there.

"She were waiting at school for me, just like always," the boy went on. He spoke fast, as if racing against time. "She must ha' got away again. I thought, happen this time, we might just——"

"No!" the woman exploded.

The boy's carelessness dropped. His voice rose in pleading.

"But this time, mother! Just this time. We could hide her. They wouldn't never know."

"Dogs, dogs, dogs!" the woman cried. The words poured from her as if the boy's pleading had been a signal gun for her own anger. "I'm sick o' hearing about tykes round this house. Well, she's sold and gone and done with, so the quicker she's taken back the better. Now get her back quick, or first thing ye know we'll have Hynes round here again. Mr. Hynes!"

Her voice sharpened in imitation of the Cockney accent of the south: " 'Hi know you Yorkshiremen and yer come-'ome dogs. Training yer dogs to come 'ome so's yer can sell 'em hover and hover again.'

"Well, she's sold, so ye can take her out o' my house and home to them as bought her!"

The boy's bottom lip crept out stubbornly, and there was silence in the cottage. Then the dog lifted its head and nudged the man's hand, as a dog will when asking for patting. But the man drew away and stared, silently, into the fire.

The boy tried again, with the ceaseless guile of a child, his voice coaxing.

"Look, feyther, she wants thee to bid her welcome. Aye, she's that glad to be home. Happen they don't tak' good care on her up there? Look, her coat's a bit poorly, don't ye think? A bit o' linseed strained through her drinking water—that's what I'd gi' her."

Still looking in the fire, the man nodded. But the woman, as if perceiving the boy's new attack, sniffed.

"Aye, tha wouldn't be a Carraclough if tha didn't know more about tykes nor breaking eggs wi' a stick.

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Nor a Yorkshireman. My goodness, it seems to me sometimes that chaps in this village thinks more on their tykes nor they do o' their own flesh and blood. They'll sit by their firesides and let their own bairns starve so long as t' dog gets fed."

The man stirred, suddenly, but the boy cut in quickly.

"But she does look thin. Look, truly—they're not feeding her right. Just look!"

"Aye," the woman chattered. "I wouldn't put it past Hynes to steal t' best part o' t' dog meat for himself. And Lassie always was a strong eater."

"She's fair thin now," the boy said.

Almost unwillingly the man and woman looked at the dog for the first time.

"My gum, she is off a bit," the woman said. Then she caught herself. "Ma goodness, I suppose I'll have to fix her a bit o' summat. She can do wi' it. But soon as she's fed, back she goes. And never another dog I'll have in my house. Never another. Cooking and nursing for 'em, and as much trouble to bring up as a bairn!"

So, grumbling and chattering as a village woman will, she moved about, warming a pan of food for the dog. The man and boy watched the collie eat. When it was done, the boy took from the mantelpiece a folded cloth and a brush, and began prettying the collie's coat. The man watched for several minutes, and then could stand it no longer.

"Here," he said.

He took the cloth and brush from the boy and began working expertly on the dog, rubbing the rich, deep coat, then brushing the snowy whiteness of the full ruff and the apron, bringing out the heavy leggings on the forelegs. He lost himself in his work, and the boy sat on the rug, watching contentedly. The woman stood it as long as she could.

"Now will ye please tak' that tyke out o' here?"

The man flared in anger.

"Well, ye wouldn't have me tak' her back looking like a mucky Monday wash, wouldta?"

He bent again, and began fluffing out the collie's petticoats.

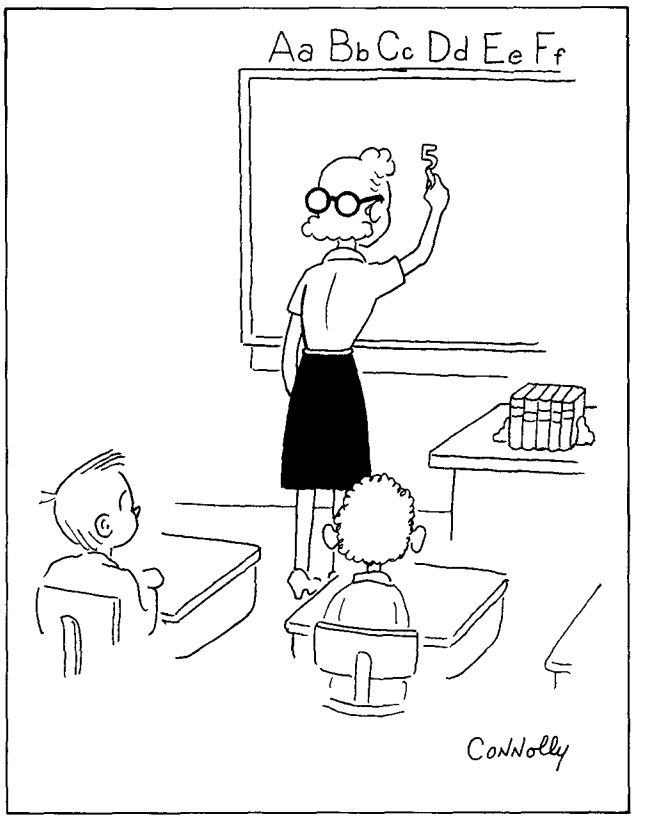
"Joe!" the woman pleaded. "Will ye tak' her out o' here? Hynes'll be nosing round afore ye know it. And I won't have that man in my house. Wearing his hat inside, and going on like he's the duke himself—him and his leggings!"

"All right, lass."

"And this time, Joe, tak' young Joe wi' ye."

"What for?"

"Well, let's get the business done and over with. It's him that Lassie runs away for. She comes for young Joe. So if he went wi' thee, and told her to stay, happen she'd be content and not run away no more, and then we'd have a little peace and quiet in the home—though heaven knows there's not much hope o' that these days, things being like they are." The woman's voice trailed away, as if she would soon cry in weariness.



The man rose. "Come, Joe," he said. "Get thy cap."

• • •

The Duke of Rudling walked along the gravel paths of his place with his granddaughter, Philippa. Philippa was a bright and knowing young woman, allegedly the only member of the duke's family he could address in unspotted language. For it was also alleged that the duke was the most irascible, vile-tempered old man in the three Ridings of Yorkshire.

"Country going to pot!" the duke roared, stabbing at the walk with his great blackthorn stick. "When I was a young man! Hah! Women today not as pretty. Horses today not as fast. As for dogs—ye don't see dogs today like——"

Just then the duke and Philippa came round a clump of rhododendrons and saw a man, a boy, and a dog.

"Ah," said the duke, in admiration. And then his brow knotted. "Damme, Carraclough! What're ye doing with my dog?"

He shouted it quite as if the others were in the next county, for it was also the opinion of the Duke of Rudling that people were not nearly so keen of hearing as they used to be when he was a young man.

"It's Lassie," Carraclough said. "She runned away again and I brought her back."

Carraclough lifted his cap, and poked the boy to do the same, not in any servile gesture, but to show that they were as well brought up as the next.

"Damme, ran away again!" the duke roared. "And I told that utter nincompoop Hynes to—where is he? Hynes! Hynes! Damme, Hynes, what're ye hiding for?"

"Coming, your lordship!" sounded a voice, far away behind the shrubberies. And soon Hynes appeared, a sharp-faced man in check coat, riding breeches, and the cloth leggings that grooms wear.

"Take this dog," roared the duke, "and pen her up! And, damme, if she breaks out again, I'll—I'll——"

The duke waved his great stick threateningly, and then, without so much as a thank you or kiss the back of my hand to Joe Carraclough, he went stamping and muttering away.

"I'll pen 'er up," Hynes muttered, when the duke was gone. "And if she ever gets awye agyne, I'll——"

He made as if to grab the dog, but Joe Carraclough's hobnailed boot trod heavily on Hynes' foot.

"I brought my lad wi' me to bid her stay, so we'll pen her up this time. Eigh—sorry! I didn't see I were on

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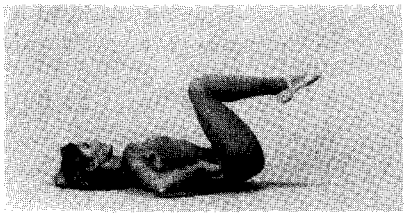

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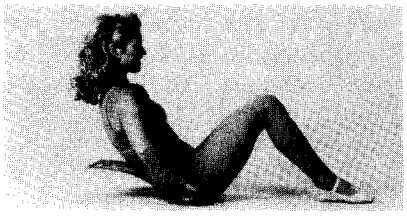

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thy foot. Come, Joe, lad."

They walked down the crunching gravel path, along by the neat kennel buildings. When Lassie was behind the closed door, she raced into the high wire run where she could see them as they went. She pressed close against the wire, waiting.

The boy stood close, too, his fingers through the meshes touching the dog's nose.

"Go on, lad," his father ordered. "Bid her stay!"

The boy looked around, as if for help that he did not find. He swallowed, and then spoke, low and quickly.

"Stay here, Lassie, and don't come home no more," he said. "And don't come to school for me no more. Because I don't want to see ye no more. 'Cause tha's a bad dog, and we don't love thee no more, and we don't want thee. So stay there forever and leave us be, and don't never come home no more."

Then he turned, and because it was hard to see the path plainly, he stumbled. But his father, who was holding his head very high as they walked away from Hynes, shook him savagely, and snapped roughly: "Look where tha's going!"

Then the boy trotted beside his father. He was thinking that he'd never be able to understand why grownups sometimes were so bad-tempered with you just when you needed them most.

• • •

After that, there were days and days that passed, and the dog did not come to the school gate any more. So then it was not like old times. There were so many things that were not like old times.

The boy was thinking that as he came wearily up the path and opened the cottage door and heard his father's voice, tense with anger: " . . . walk my feet off. If tha thinks I like——"

Then they heard his opening of the door and the voice stopped and the cottage was silent.

That's how it was now, the boy thought. They stopped talking in front of you. And this, somehow, was too much for him to bear.

He closed the door, ran out into the night, and onto the moor, that great flat expanse of land where all the people of that village walked in lonesomeness when life and its troubles seemed past bearing.

A long while later, his father's voice cut through the darkness.

"What's tha doing out here, Joe lad?"

"Walking."

"Aye."

They went on together, aimlessly, each following his own thoughts. And they both thought about the dog that had been sold.

"Tha maun't think we're hard on thee, Joe," the man said at last. "It's just that a chap's got to be honest. There's that to it. Sometimes, when a chap doesn't have much, he clings right hard to what he's got. And honest is honest, and there's no two ways about it.

"The doctor said Fred should live on greens as much as possible."

"Why, look, Joe. Seventeen year I worked in that Clarabelle Pit till she shut down, and a good collier too. Seventeen year! And butties I've had by the dozen, and never a man of 'em can ever say that Joe Carraclough kept what wasn't his, nor spoke what wasn't true. Not a man in this Riding can call a Carraclough mishonest.

"And when ye've sold a man summat, and ye've taken his brass, and ye've spent it—well, then done's done. That's all. And ye've got to stand by that."

"But Lassie was——"

"Now, Joe! Ye can't alter it, ever. It's done—and happen it's for t' best. No two ways, Joe, she were getting hard to feed. Why, ye wouldn't want Lassie to be going around getting peaked and pined, like some chaps round here keep their tykes. And if ye're fond of her, then just think on it that now she's got lots to eat, and a private kennel, and a good run to herself, and living like a varritable princess, she is. Ain't that best for her?"

"We wouldn't pine her. We've always got lots to eat."

The man blew out of his breath, angrily. "Eigh, Joe, nowt pleases thee. Well then, tha might as well have it. Tha'll never see Lassie no more. She run home once too often, so the duke's taken her wi' him up to his place in Scotland, and there she'll stay. So it's goodbye and good luck to her, and she'll never come home no more, she won't. Now, I weren't off to tell thee, but there it is, so put it in thy pipe and smoke it, and let's never say a word about it no more—especially in front of thy mother."

The boy stumbled on in the darkness. Then the man halted.

"We ought to be getting back, lad. We left thy mother alone."

He turned the boy about, and then went on, but as if he were talking to himself.

"Tha sees, Joe, women's not like men. They have to stay home and manage best they can, and just spend the time in wishing. And when things don't go right, well, they have to take it out in talk and give a man hell. But it don't mean nowt, really, so tha shouldn't mind when thy mother talks hard.

"Ye just got to learn to be patient and let 'em talk, and just let it go up t' chimney wi' th' smoke."

Then they were quiet, until, over the rise, they saw the lights of the village. Then the boy spoke: "How far away is Scotland, feyther?"

"Nay, lad, it's a long, long road."

"But how far, feyther?"

"I don't know—but it's a longer road than thee or me'll ever walk. Now, lad. Don't fret no more, and try to be a man—and don't plague thy mother no more, wilta?"

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Joe Carraclough was right. It is a long road, as they say in the North, from Yorkshire to Scotland. Much too far for a man to walk—or a boy. And though the boy often thought of it, he remembered his father's words on the moor, and he put the thought behind him.

But there is another way of looking at it; and that's the distance from Scotland to Yorkshire. And that is just as far as from Yorkshire to Scotland. A matter of about four hundred miles, it would be, from the Duke of Rudling's place far up in the Highlands down to the village of Holdersby. That would be for a man, who could go fairly straight.

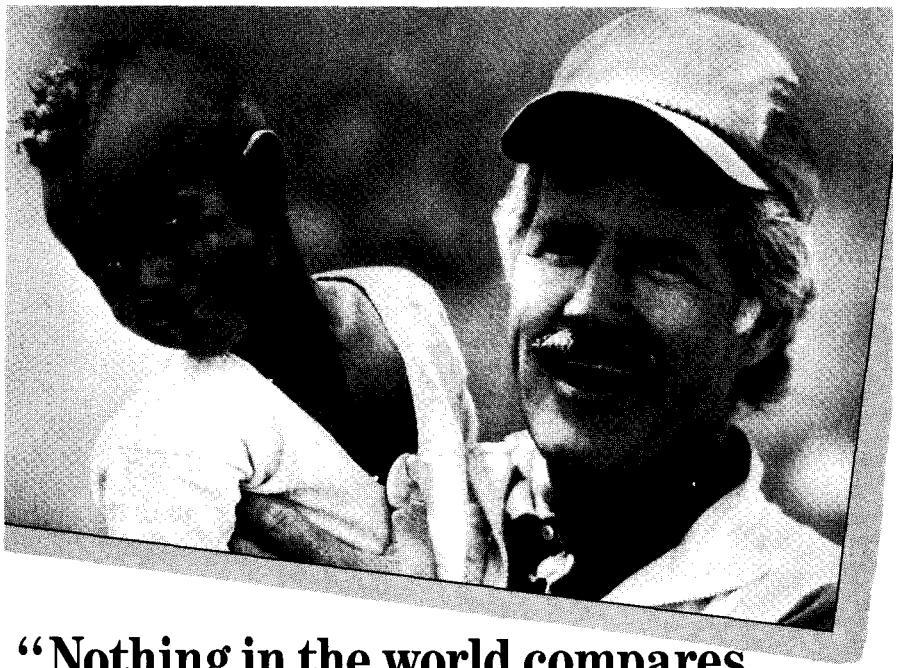
To an animal, how much farther would it be? For a dog can study no maps, read no signposts, ask no directions. It could only go blindly, by instinct, knowing that it must keep on to the south, to the south. It would wander and err, quest and quarter, run into firths and lochs that would send it side-tracking and back-tracking before it could go again on its way—south.

A thousand miles, it would be, going that way—a thousand miles over strange terrain.

There would be moors to cross, and burns to swim. And then those great, long lochs that stretch almost from one side of that dour land to another would bar the way and send a dog questing a hundred miles before it could find a crossing that would allow it to go south.

And, too, there would be rivers to cross, wide rivers like the Forth and the Clyde, the Tweed and the Tyne, where one must go miles to find bridges. And the bridges would be in towns. And in the towns there would be officials—like the one in Lanarkshire. In all his life he had never let a captured dog get away—except one. That one was a gaunt, snarling collie that whirled on him right in the pound itself, and fought and twisted loose to race away down the city street—going south.

But there are also kind people, too; ones knowing and understanding in the ways of dogs. There was an old couple in Durham who found a dog lying exhausted in a ditch one night—lying there with its head to the south. They took that dog into their cottage and warmed it and fed it and nursed it. And because it seemed an understanding, wise dog, they kept it



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in their home, hoping it would learn to be content. But, as it grew stronger, every afternoon toward four o'clock it would go to the door and whine, and then begin pacing back and forth between the door and the window, back and forth as the animals do in their cages at the zoo.

They tried every wile and every kindness to make it bide with them, but finally, when the dog began to refuse food, the old people knew what they must do. Because they understood dogs, they opened the door one afternoon and they watched a collie go, not down the road to the right, or to the left, but straight across a field toward the south; going steadily at a trot, as if it knew it still had a long, long road to travel.

Ah, a thousand miles of tor and brae, of shire and moor, of path and road and plowland, of river and stream and burn and brook and beck, of snow and rain and fog and sun, is a long way, even for a human being. But it would seem too far—much, much too far—for any dog to travel blindly and win through.

And yet—and yet—who shall say why, when so many weeks had passed that hope against hope was dying, a boy coming out of school, out of the cloakroom that always smelled of damp wool drying, across the concrete play yard with the black, waxed slides, should turn his eyes to a spot by the school gate from force of five years of habit, and see there a dog? Not a dog, this one, that lifted glad ears above a proud, slim head with its black-and-gold mask; but a dog that lay weakly, trying to lift a head that would no longer lift, trying to wag a tail that was torn and blotched and matted with dirt and burs, and managing to do nothing much except to whine in a weak, happy, crying way as a boy on his knees threw arms about it, and hands touched it that had not touched it for many a day.

Then who shall picture the urgency of a boy, running, awkwardly, with a great dog in his arms—running through the village, past the empty mill, past the Labor Exchange, where the men looked up from their deep ponderings on life and the dole? Or who shall describe the high tones of a voice—a boy's voice, calling as he runs up a path: "Mother! Oh, mother! Lassie's come home! Lassie's come home!"

Nor does anyone who ever owned a dog need to be told the sounds a man makes as he bends over a dog that has been his for many years; nor how a woman moves quickly, preparing food—which might be the family's condensed milk stirred into warm water; nor how the jowl of a dog is lifted so that raw egg and brandy, bought with precious pence, should be spooned in; nor how bleeding pads are bandaged, tenderly.

That was one day. There was another day when the woman in the cottage sighed with pleasure, for a dog lifted itself to its feet for the first time to stand over a bowl of oatmeal, putting its head down and lapping again and again while its pinched flanks quivered.

"Me take you for granted? You're kidding—and lose out on a sure thing?"

And there was another day when the boy realized that, even now, the dog was not to be his again. So the cottage rang again with protests and cries, and a woman shrilling: "Is there never to be no more peace in my house and home?" Long after he was in bed that night the boy heard the rise and fall of the woman's voice, and the steady, reiterative tone of the man's. It went on long after he was asleep.

In the morning the man spoke, not looking at the boy, saying the words as if he had long rehearsed them.

"Thy mother and me have decided upon it that Lassie shall stay here till she's better. Anyhow, nobody could nurse her better than us. But the day that t' duke comes back, then back she goes, too. For she belongs to him, and that's honest, too. Now tha has her for a while, so be content."

• • •

In childhood, "for a while" is such a great stretch of days when seen from one end. It is a terribly short time seen from the other.

The boy knew how short it was that morning as he went to school and saw a motorcar driven by a young woman. And in the car was a gray-thatched, terrible old man, who waved a cane and shouted: "Hi! Hi, there! Damme, lad! You there! Hi!"

Then it was no use running, for the car could go faster than you, and soon it was beside you and the man was saying: "Damme, Philippa, will you make this smelly thing stand still a moment? Hi, lad!"

"Yes, sir."

"You're What's-'is-Name's lad, aren't you?"

"Ma feyther's Joe Carraclough."

"I know. I know. Is he home now?"

"No, sir. He's away to Allerby. A mate spoke for him at the pit and he's gone to see if there's a chance."

"When'll he be back?"

"I don't know. I think about tea."

"Eh, yes. Well, yes. I'll drop round about fivish to see that father of yours. Something important."

It was hard to pretend to listen to lessons. There was only waiting for noon. Then the boy ran home.

"Mother! T' duke is back and he's coming to take Lassie away."

"Eigh, drat my buttons. Never no peace in this house. Is tha sure?"

"Aye. He stopped me. He said tell feyther he'll be round at five. Can't we hide her? Oh, mother."

"Nay, thy feyther——"

"Won't you beg him? Please, please. Beg feyther to——"

"Young Joe, now it's no use. So stop thy teasing! Thy feyther'll not lie. That much I'll give him. Come good, come bad, he'll not lie."

"But just this once, mother. Please beg him, just this once. Just one lie wouldn't hurt him. I'll make it up to

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him. I will. When I'm growed up, I'll get a job. I'll make money. I'll buy him things—and you, too. I'll buy you both anything you want if you'll only——"

For the first time in his trouble the boy became a child, and the mother, looking over, saw the tears that ran openly down his contorted face. She turned her face to the fire, and there was a pause. Then she spoke.

"Joe, tha mustn't," she said softly. "Tha must learn never to want nothing in life like that. It don't do, lad. Tha mustn't want things bad, like tha wants Lassie."

The boy shook his clenched fists in impatience.

"It ain't that, mother. Ye don't understand. Don't ye see—it ain't me that wants her. It's her that wants us! That's what made her come all them miles. It's her that wants us, so terrible bad!"

The woman turned and stared. It was as if, in that moment, she were seeing this child, this boy, this son of her own, for the first time in many years. She turned her head down toward the table. It was surrender.

"Come and eat, then," she said. "I'll talk to him. I will that, all right. I feel sure he won't lie. But I'll talk to him, all right. I'll talk to Mr. Joe Carraclough. I will indeed!"

• • •

At five that afternoon, the Duke of Rudling, fuming and muttering, got out of a car at a cottage gate to find a boy barring his way. This was a boy who stood, stubbornly, saying fiercely: "Away wi' thee! Thy tyke's net here!"

"Damme, Philippa, th' lad's touched," the duke said. "He is. He's touched."

Scowling and thumping his stick, the old duke advanced until the boy gave way, backing down the path out of the reach of the waving blackthorn stick.

"Thy tyke's net here," the boy protested.

"What's he saying?" the girl asked.

"Says my dog isn't here. Damme, you going deaf? I'm supposed to be deaf, and I hear him plainly enough. Now, ma lad, what tyke o' mine's net here?"

As he turned to the boy, the duke spoke in broadest Yorkshire, as he did always to the people of the cottages—a habit which the Duchess of Rudling, and many more members of the duke's family, deplored.

"Coom, coom, ma lad. Whet tyke's net here?"

"No tyke o' thine. Us hasn't got it." The words began running faster and faster as the boy backed away from the fearful old man who advanced. "No tyke could have done it. No tyke can come all them miles. It isn't Lassie. It's another one that looks like her. It isn't Lassie!"

"Why, bless ma heart and sowl," the duke puffed. "Where's thy father, ma lad?"

The door behind the boy opened, and a woman's voice spoke.

"If it's Joe Carraclough ye want, he's out in the shed—and been there shut up half the afternoon."

"What's this lad talking about—a dog of mine being here?"

"Nay," the woman snapped quickly. "He didn't say a tyke o' thine was here. He said it wasn't here."

"Well, what dog o' mine isn't here, then?"

The woman swallowed, and looked about as if for help. The duke stood, peering from under his jutting eyebrows. Her answer, truth or lie, was never spoken, for then they heard the rattle of a door opening, and a man making a pursing sound with his lips, as he will when he wants a dog to follow, and then Joe Carraclough's voice said: "This is t' only tyke us has here. Does it look like any dog that belongs to thee?"

With his mouth opening to cry one last protest, the boy turned. And his mouth stayed open. For there he saw his father, Joe Carraclough, the collie fancier, standing with a dog at his heels—a dog that sat at his left heel patiently, as any well-trained dog should do—as Lassie used to do. But this dog was not Lassie. In fact, it was ridiculous to think of it at the same moment as you thought of Lassie.

For where Lassie's skull was aristocratic and slim, this dog's head was clumsy and rough. Where Lassie's ears stood in twin-lapped symmetry, this dog had one ear draggling and the other standing up Alsatian fashion in a way to give any collie breeder the cold shivers. Where Lassie's coat was rich tawny gold, this dog's coat had ugly patches of black; and where Lassie's apron was a billowing stretch of snow-white, this dog had puddles of off-color blue-merle mixture.

continued on page 110

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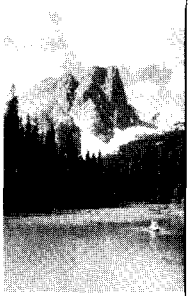

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POST SCRIPTS

Leading Off (Newspaper Story Leads)

"Teacher loses suit, must wear necktie."

"A karate demonstration will be held at the Stroud Chopping Center."

"Governor Jones stopped and visited our little town yesterday. It was quite a threat."

"It is shameful that many college graduates cannot read or right correctly."

"Don't forget the firemen's Lenten Dinner. The same fish as last year will be served."

"Male cat lost on Main Street. Owner worried, neutered and declawed."

"The bridge contest winners were Bill Morse, a turkey, and Margie Richards, a porker."

"For the town's paper drive Saturday, bundles of residents should be tied and left by the side of the street."

—Kris Lee

Exercising Our Options

The only exercise some folks get is passing the buck, running away from responsibility, jumping to conclusions, and carrying on about their problems.

—Rose Sands

Geriatric Diplomatic

A speaker was approached after his speech by a little white-haired woman who told him how much she had enjoyed his talk.

"I take the liberty to speak to you," she said, "because you told us you love old ladies."

"Oh, I do, I do," he replied, gallantly. "I also love them your age."

—B. M. Cooley

Hard to Compute

The computer salesman told me
When I bought my home computer
That I could learn to use it
Without classes or a tutor.

Which may be true, assuming
One has the basic knowledge
Most engineers acquire by
Their senior years in college.

The manuals haven't helped
With anything I've tried;
I can switch the power on—
After that, I'm mystified.

It's labeled "user friendly,"
Greets as lovingly as Cupid,
But to me it just reiterates,
"How can you be so stupid?"

—Henry F. Hill

Dressing Down

When getting ready for a wedding party, a woman put on her new dress, pirouetted for her husband, and asked, "Is my neckline too low?"

"Either that," he replied, "or you're not in it far enough."

—Mrs. E. O'Brien

A Fine How-Do-You-Do

A young feminist and an older man reached for a door at the same time, so he held the door open for her.

"Don't hold the door open for me just because I'm a lady," she said.

He replied, "I'm not holding it for you because you're a lady. I'm holding it because I am a gentleman."

—Trenda Leigh

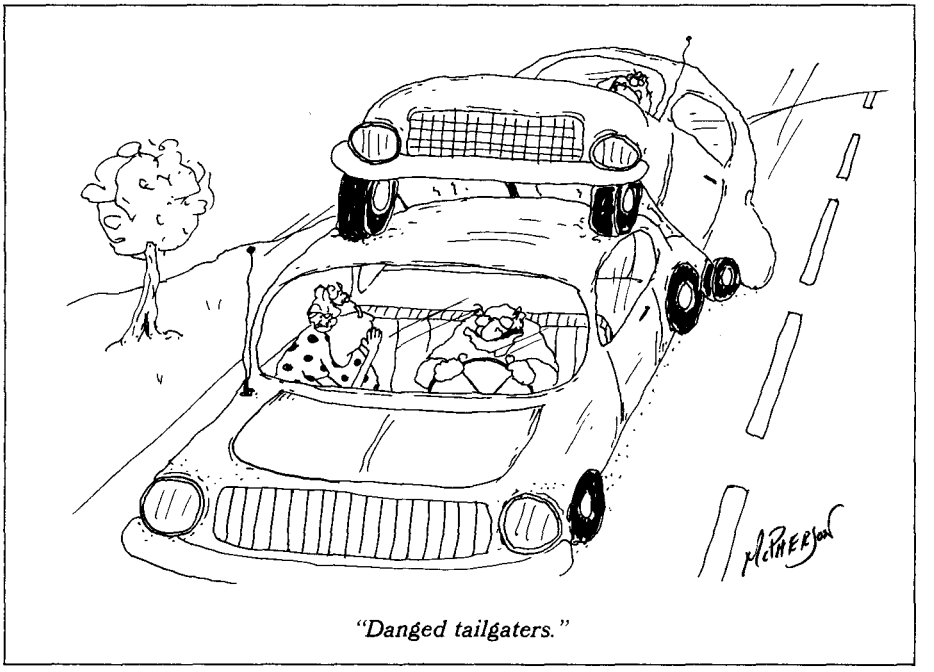
It All Adds Up

No one is completely worthless. If someone sticks his two cents in and gives you a penny for your thoughts and a nickel for your chances, at least you'll have eight cents.

—Gil Stern

Conned by the Caffiend

"I'm disturbed," the patient told the doctor. "A week ago, I came home one afternoon to find my wife



"Danged tailgaters."

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"It keeps him off the streets. What a pity."

in the arms of another man. This guy talked me into going out for a cup of coffee that day and for the next five days."

"It isn't a doctor you need," the doctor said. "It's a lawyer."

"No, no," the patient insisted. "I just want to know if I'm drinking too much coffee."

—P. B. Brothers

Why Johnny Can't Get a Date

We shouldn't worry too much about sex education in school. If the kids learn it as they do everything else, they won't know *how*.

—Ivern Ball

The Days of Our Lifers

A newspaper reporter was interviewing a prisoner for a feature story about prison life: "Do you watch much television here?"

"Only the daytime shows," the inmate replied. "At night they lock us in our cells, and we don't see any television."

"That's too bad," the reporter said. "But it is nice that the warden lets you watch it in the daytime."

"What do you mean, 'nice'? That's part of the punishment."

—James Curnane

Where Love Has Gone

In the old days, the hero didn't kiss the girl until the last page. Now he does it on the book's cover.

—B. Bader

The Loan Wolf

Sometimes it's difficult to borrow
When your credit's in a muddle,
But you don't need collateral
Whenever you borrow trouble.

—Olga McCoy

The Wrong Address

A golfer waggled his driver, then whiffed the ball three times, and finally drove it an astounding 20 feet. Exasperated, he looked up to find a man who had obviously been standing there the whole time watching.

"Look here," the golfer shouted angrily. "Only golfers are allowed on this course."

"I know that," the stranger replied. "But I won't say anything if you don't!"

—Thomas LaMance

Fangs for the Memories

As he lay dying, she sat by his side, wiped his fevered brow, and tenderly patted his trembling hand. Raising himself a bit, he turned to her and spoke:

"Margaret, you've been with me through it all. Remember that time when I fell from the ladder and broke my leg? You were there. When I lost all that money in the stock market, you were by my side. And now that I'm old and sick, here you are again. . . .

"You know, Margaret, I'm beginning to think you're bad luck!"

—Linda Freeman

The Seal of Approval

Violence, sex, and horror
Are the modern movie's mixture,
But we still can find good taste
In the popcorn—not the picture.

—May Richstone

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THE YIDDISH WILL ROGERS

After years of frustration, Jackie Mason has emerged from the depths of the "borscht belt" to the comedy mountaintop with his one-man show, The World According to Me!

by John McCollister

He's one of the biggest men in comedy, and he's only 5'6½" tall. Jackie Mason—an entertainer with a roller-coaster career—packs the house night after night with his uncanny ability to make people laugh at themselves.

Unlike many of today's comics, Mason did not spend his youth as the class clown. He had more serious intentions.

Born Jacob Maza on June 9, 1930, in Sheboygan, Wisconsin, Mason is the son of a rabbi. His grandfather and great-grandfather also were rabbis. From early childhood, he and his three brothers just knew they would maintain the family tradition. So, at age 25, Jackie Mason was ordained.

His first assignment was a synagogue in Weldon, North Carolina. There, of all places, Mason had his first experience sharing humor with an audience.

He tried to put some spark into his sermons with a joke. The congregation laughed. The next week he added one or two more jokes. They laughed again. Some of the neighboring Gentiles attended services just to hear his humor. Soon, he had more Gentiles than Jews sitting out there. "So," he claims, "I started charging a cover and a minimum.

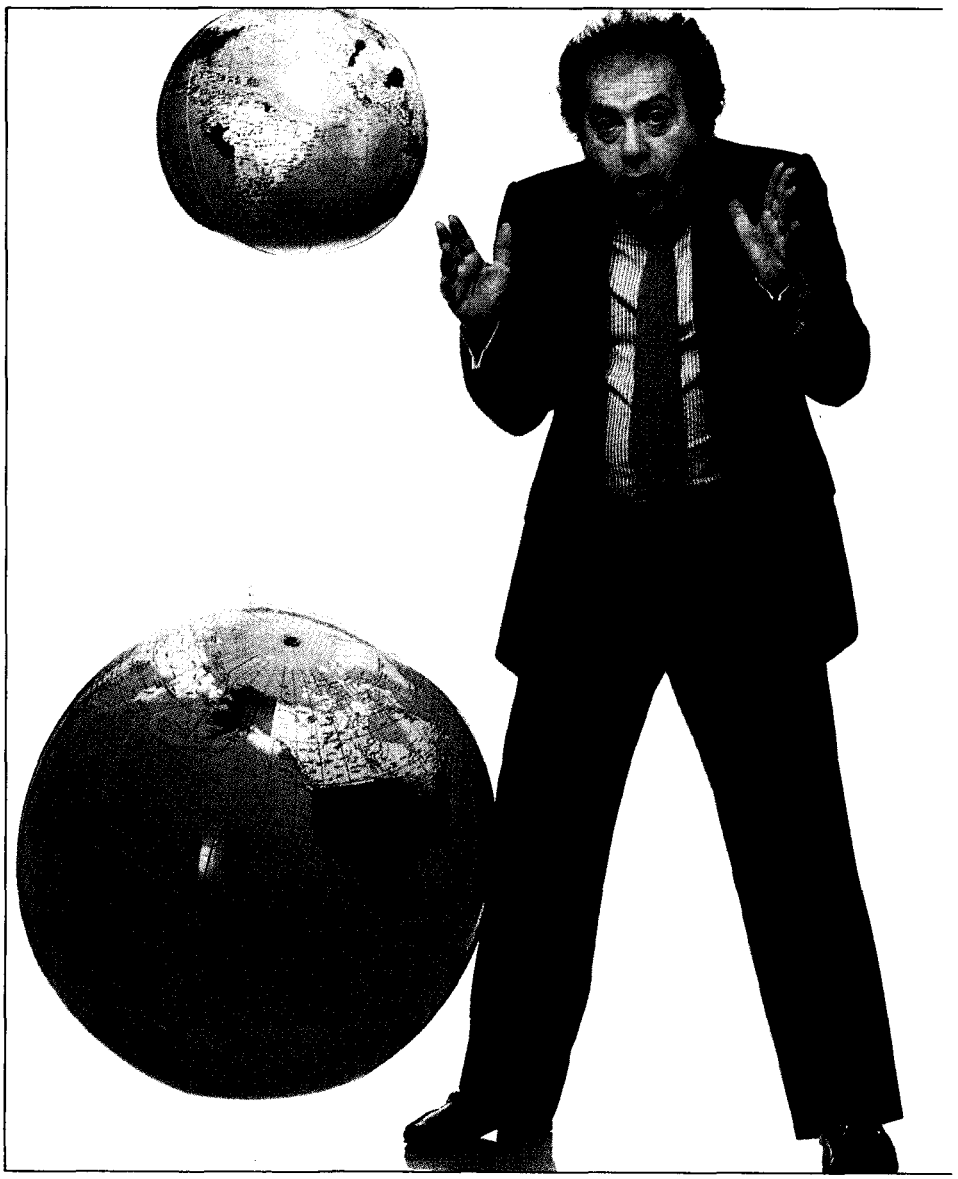
"So many congregation members began telling me, 'Rabbi, you should be a comedian,' that finally, I took their advice," he says. "Besides, I decided that someone in the family had to make a living."

He resigned his pulpit and went on the road doing routines about life. Like most upstart comics, he could get only infrequent bookings in small clubs filled with indifferent patrons. Between engagements he sold shoes, pajamas, and menswear at various department stores.

After years of this trial by fire in what entertainers call the "borscht belt," he graduated to more prestigious clubs. Finally a producer for the "Ed Sullivan Show" saw the young comedian at the State Brothers in Los Angeles and invited him to appear on the national telecast.

Mason became an instant hit with both the audience and Sullivan, who signed him to a multi-appearance contract. After several laugh-packed performances, the two became locked in a heated controversy on October 18, 1964, over a misinterpreted gesture on camera. Mason was abruptly released from his contract. Although the two patched up their differences and Mason again appeared on Sullivan's show, the comedian was considered *persona non grata* on network television and in major clubs.

Mason knew his image was tainted. "People started to think I was some kind of sick maniac," he says. "It took 20 years to overcome what hap-



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pened in that one minute."

He looked for success in live theater. He invested $100,000 of his own money and agreed to be the headliner in the play *A Teaspoon Every Four Hours*. It flopped after only one night.

Mason was headed for obscurity, and it looked as though he would have to apply for another pulpit, when a young producer—Jyll Rosenfeld—saw the depth of his humor and decided that it was time for a revival of sorts. Rosenfeld was convinced that with proper exposure, Mason's humor would be appreciated by the mature audience. She booked Mason in a one-man show at the Las Palmas Theater in a small Hollywood neighborhood.

"We didn't know what to expect," Mason recalls. "Only 150 showed up the first night. Then we got 250 each night after three weeks. The theater was full after six."

Later, the show moved to the swanky Canon Theater in Beverly Hills.

His one-man performance —with the unusual title *The World According to Me!*— opened at the Brooks Atkinson Theater on 47th Street in New York City in December 1986. It proceeded to sell out most of its performances; some of the tickets were scalped for four or five times the original cost.

Joseph Papp, the producer of the New York Shakespeare Festival, saw Mason's show at least four times.

Neil Simon, who saw *The World According to Me!* at least three times, says, "Mason's show is probably the funniest single night I've spent in the theater in the last ten years."

George Burns says simply, "My father was a mason too, but he wasn't funny. Jackie is hilarious."

The Broadway show closed New Year's Eve. Mason is scheduled at this writing to reopen in London February 7 for a six-week run. Although Mason was initially nervous about the British reception of his unique brand of humor, British reviews of a previous London performance have been positive: *The Evening Standard* wrote that Mr. Mason "reduced the audience to tears. . . ."

Mason doesn't sing, play the piano, or tap dance. He has no troupe of dancers, no back-up singers, not even an announcer. The diminutive, hunched figure simply walks on stage and tells his stories. Using a machine-gun, monotone delivery, he punches the air with his fingers for emphasis as he jokes about dating, the weather, Hollywood producers, psychiatry, Chinese restaurants, politics, and one of his favorite topics—the differences between Gentiles and Jews. After two hours of high-octane humor, he bows to a standing ovation.

During Mason's routine he points to a map suspended behind the stage and, like a schoolteacher none of us was fortunate enough to have in school, aims a pointer at the world's two great oceans. "Two-thirds of the actual world consists of water," he reminds us. "And there's a very good question here: Do we really need it? Maybe Gentiles need it. But most Jews have a swimming pool," he lectures. "Gentiles buy boats and go sailing. Jews buy boats to show. I know 5,000 Jews with boats, but I've never seen a Jewish boat move yet."

"So many congregation members began telling me, 'Rabbi, you should be a comedian,' that finally, I took their advice."

He moves the comparison into the dining room. "You show a Gentile carrots and peas, he eats carrots and peas. You show a Jew carrots and peas, the Jew asks: 'Wait a minute. Why are there so many carrots compared to the peas?' "

Mason points out that, unlike a Gentile, a Jew is not eager to spend a vacation visiting sites and doing things. "A Jew on vacation is looking for a place to sit. That's it. Jewish resorts are the only ones that advertise 'Brand-New Lobby.' A Jew sees a chair, it's a successful vacation."

How would Mason describe his own humor? "I'm a man in a conversation, pointing things out to you," he says. "He's not better than you; he's just another guy. I see life with love—I'm your brother up there—but," he adds with a smile, "if I see you make a fool out of yourself, I owe it to you to point that out."

Perhaps that's why the writer A.E. Hotchner calls Mason "the Yiddish Will Rogers." Jewish, Irish, Polish, Chinese, Puerto Rican, Protestant, Catholic—all are fair game for Mason. "I make fun of everybody indiscriminately," he admits. He can pounce on two groups with a single line. "Have you heard about the guy who was half Polish, half Jewish?" he asks. "The guy is the janitor . . . and he owns the building."

"We take our heritage with us wherever we come from," Mason says. "But in America, people have tried to assimilate. And now they feel they're missing something about their culture. People need these characteristics to know who they are, and they want to distinguish themselves from other people's ethnic differences. I think there is a certain degree of re-identification with their ethnic identities, and it gives them something emotionally and spiritually."

Mason writes all his own material and changes the show regularly to reflect topical matters. Television weather forecasters are among his favorite targets. "All we want to know is if it's going to be hot or cold tomorrow. Instead, they give you percentages. They give you an 80 percent chance of rain. Did anyone ever buy 80 percent of an umbrella?" he asks. "Or they tell me the temperature at the airport. Who lives at the airport?"

"You never expect to become a hit at this stage of life," Mason confesses. "I was investing all my money in my own films and plays. I tried so hard that I lost all my money trying. In 1983 I became bankrupt. When I had nothing, suddenly I became a sensation with the same jokes I'd told for 20 years.

"Now, I don't care about money," he says with a straight face. "I have enough to last me the rest of my life . . . unless, of course, I want to buy something.

"Ten years ago even Jewish producers said my act was 'too Jewish.' Now, it's like I was born last Thursday. People see me as today's comedian. Thank God I stunk for such a long time and was invisible so I could be discovered."

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ARNOLD SCHWARZENEGGER: NO SWEAT

Success seems to come easy for this Hollywood muscleman who is able to laugh at himself.

by Ryan P. Murphy

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"Vello," Arnold Schwarzenegger says in a rough Austrian accent, transforming the greeting into a guttural near-threat. "Vello dere."

The voice is a bizarre semi-articulate mangling of vowels and consonants that on-screen wrap themselves around lines of violent passion like boa constrictors and squeeze out strange essences of comedy. "Crush your enemies, see dem drive out before you, and hear de lamentation of dair vermin!" he barks in *Conan the Barbarian*. Arnold Schwarzenegger's gravelly commands are the stuff of cinematic legend, an accepted American institution like Bogart's lisp, Jimmy Stewart's stuttering frenzies, and Bette Davis' staccato tirades.

Disc jockeys, Johnny Carson, Albert Brooks in *Broadcast News*—all have imitated Schwarzenegger's Kissinger-like delivery; all have been rewarded with riotous laughter. The voice is funny, you must admit. Not to mention extremely lucrative.

"He's a star because of that voice," the *New York* magazine film critic David Denby says. "It's what everyone remembers and imitates."

Schwarzenegger could easily have been laughed off and forgotten. His English is German accented, his body cartoon-like—a 57" chest, 23" biceps, and a 31" waist at its body-building prime. His granite jaw, blade-sharp cheekbones, slightly pug nose remind one of Dick Tracy.

But through savvy, relentless determination, and rejuvenation of form, Schwarzenegger has transformed himself in the course of a decade into America's preeminently popular movie star. His current asking price per film: $10 million. The last laugh, if there is one, truly belongs to Schwarzenegger. Guttural gurgle and all.

Schwarzenegger's transformation culminated in the recent box-office smash *Twins*. Funny, newly articulate, and surprisingly suave, he has abandoned the loincloth of Conan and the robotic slur of the Terminator to capitalize on the surprising, self-deprecating charm that has always lurked beneath the thick, tanned skin. In *Twins*, a new wardrobe, that of a leading man, hugs his still-behemoth frame. It's a good fit.

Ivan Reitman's double-trouble comedy hangs on a purely ridiculous concept. Schwarzenegger plays Julius—the perfect man—scientifically sired with the sperm of the world's six top geniuses. He inherits all their best qualities—brains, brawn, and beauty—and comes to represent genetics at its best. As with most movie experiments (remember *Frankenstein*?), this one develops a glitch. Julius' mother births not only him, but also the runty, evil, devious Vincent (Danny DeVito), who runs amuck with all of the geniuses' worst qualities. After years of estrangement, the twins are reunited. Manic adventures rooted in their quest to develop some sort of brotherly love quickly ensue.

Schwarzenegger is loose in this film, minus the hard-edged authority that allowed him to steal the adventure-thriller kingdom away from hard-guy Sylvester Stallone a few years back. But even at his violent worst in a slew of mid-'80s films, he still seemed gentle and dependable under the brawn—much like a German shepherd watchdog that becomes surprisingly sheepish when let indoors.

Schwarzenegger—an actor who once told *Rolling Stone* magazine, "I have no ego for lines . . . I can say what I want on television when I do interviews"—has a sense of humor and a reservoir of sensitivity, both of which show up on the screen. With one wink, he somehow manages to transcend the genre he helped create. Although he has made a career thus far out of playing dumb, or merely mute, he is exceptionally clever.

The route of his Hollywood career supports this thesis. It began in the '70s when Lucille Ball spotted his Teutonic charm on Merv Griffin's show and asked him to guest on a special she was developing.

He accepted, put his roots down in Hollywood, hung his business and international economics degree from the University of Wisconsin on the wall of a swanky flat, and never seemed to falter. In a short time, this one-time immigrant turned American has acquired a fortune ($25 million, according to *Forbes* magazine), a talented bride with a dowry (Maria Shriver, a member of the Kennedy dynasty), and maybe most surprisingly, a secure film career.

Success for the only Hollywood musclethrob able to laugh at himself, you might say, came easy. "I have this theory," Schwarzenegger says. "The theory says that all the things the audience does not expect from a big guy work ten times better when you do them because they don't expect it. When a big guy has humor and shows emotion, it works better than when a little guy has them. If you are a tough guy and you drop a funny line, people appreciate it much more than if Rodney Dangerfield would have said it."

The big man's theory appears to work wonders. He is walking away from *Twins* with a pocketful of glowing reviews. The *New York Times*, *USA Today*, and a score of national magazines salute his light-comic blossoming.

But don't think that Schwarzenegger is stealing Olivier's thunder in his 12th film. He isn't. There's still something slightly clumsy about his screen presence. He is to be credited, however, for tackling bits of business that another actor with his reputation and following—a Chuck Norris, for instance, a Stallone—would never touch for fear of either embarrassment or obvious failure.

Schwarzenegger succeeds brilliantly in these dark comedic moments, as in *Twins* when he sings the '50s classic "Yakety Yak," spouts near-Shakespearean lines of dialogue, and wears a T-shirt emblazoned with a mohawk-wearing baby and the message "Born to Be Bad." Largely, it's because his charm is surprising, then contagious.

We are shocked seeing Arnold sing, shocked when words containing five letters or more slip over his tongue. It's the jolt of the unexpected. Channeling it in strange, compelling ways is Schwarzenegger's forte.

Humor mixed with sensitivity—as he'll tell you over and over again—is what sets his films apart from the works of Norris and Eastwood and Stallone. The latter has been his chief competitor in the crush-'em sweep-

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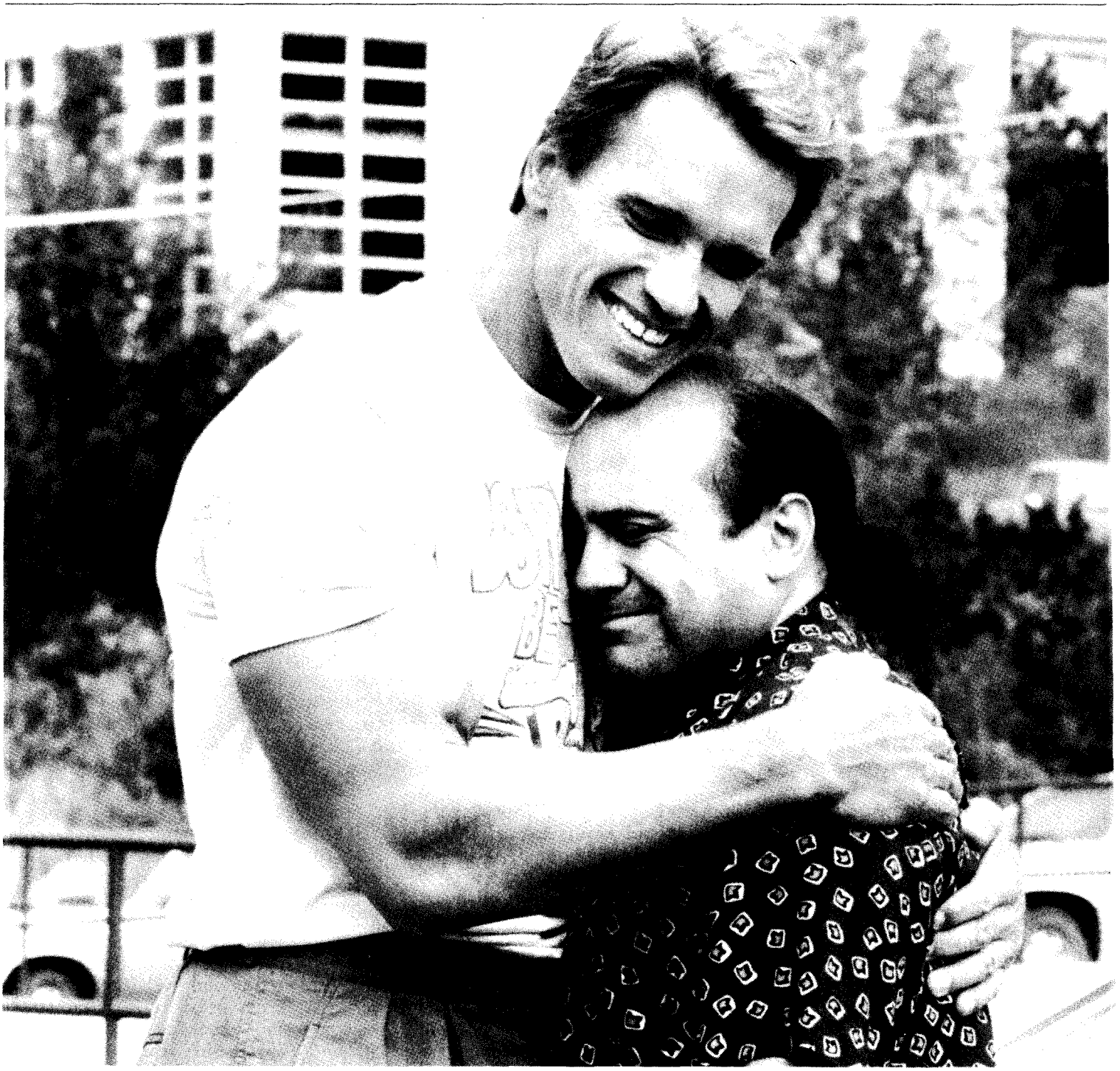
stakes, which he has not altogether abandoned (a film based on the comic book exploits of Sgt. Rock will follow *Total Recall*, a recently completed Paul Verhoeven film). Of Stallone, Schwarzenegger simply remarks, "He takes himself far too seriously. I think that will eventually backfire."

Schwarzenegger's involvement in *Twins* is typical. He endorsed the film's comedy-of-errors concept and inherent dramatic opportunities and committed to the project long before there was even a script. His chameleon capabilities and desire to stretch his talent have sustained his career. He changes with the times and thus never grows stale.

In the '70s, for instance, when hedonism and total self-involvement defined a generation, Schwarzenegger rode the rail of success via the ultimate narcissistic sport: body-building. Slathered in oil, decked with a bevy of beauties, pontificating on the seeds of introspection and self-involvement from which success springs in films like *Stay Hungry* and *Pumping Iron*, Schwarzenegger was the '70s. Then the '80s dawned—the decade of Ronald Reagan. Schwarzenegger threw on some clothes to adjust to the conservatism that had swept over a nation. But not right away.

First came *Conan the Barbarian* (1982) and *Conan the Destroyer* (1984), films that more than anything established Schwarzenegger's bank-



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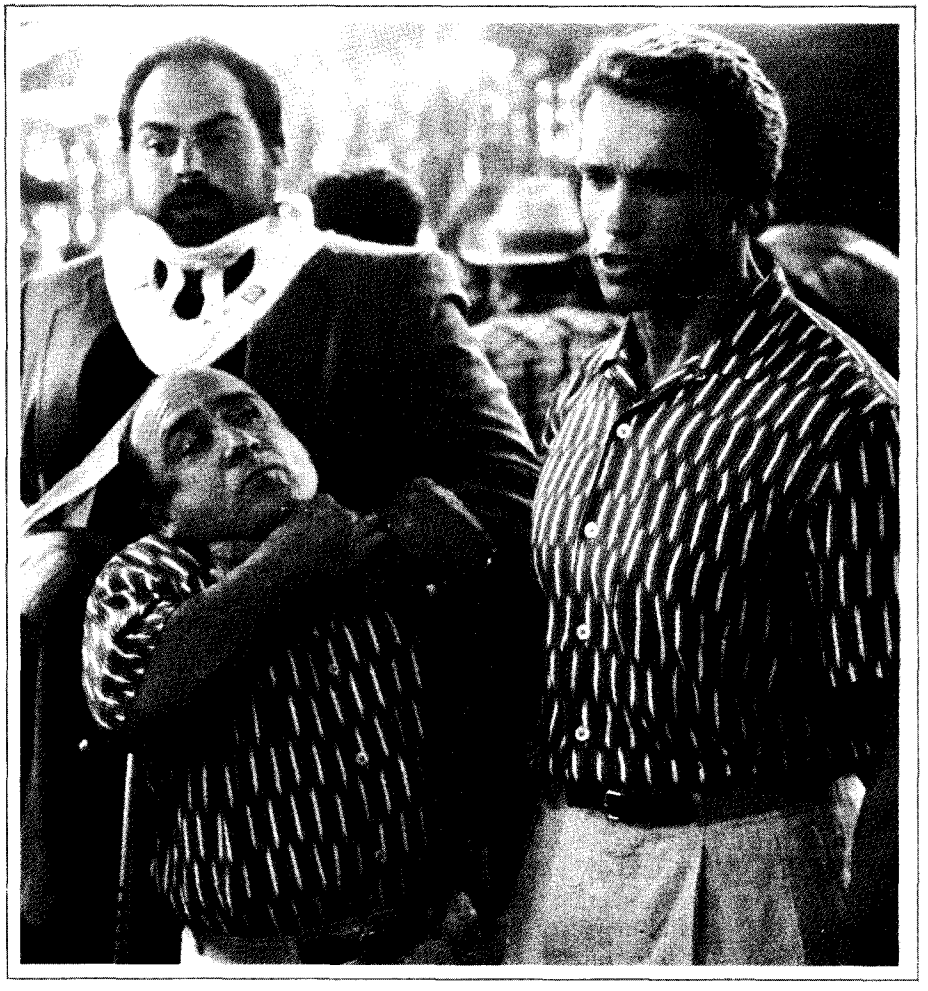
ability and set the stage for the pro-system films to come. (Today, the character of Conan, a near-naked slave-turned-gladiator, seems to serve as a metaphor for Schwarzenegger's rags-to-riches success.)

The Terminator (1984), quickly followed by *Commando, Raw Deal, The Running Man*, and *Predator*, established him as the perfect Reagan-era hero, and in many ways, his portraits were purely Reaganesque. Most of Schwarzenegger's middle-decade film characters served to protect the populace, most of the time with steely-eyed, bicep-rippling violence (Reagan's ideology during these years: strength through defense). All were decidedly nationalistic, all were ruggedly invincible, all were popular—just like President Reagan, who in fact admitted to loving Schwarzenegger's screen bravado. No wonder.

President George Bush, likewise a fan, has been aligned with Schwarzenegger often in the press. Arnold is a die-hard Republican, much to the chagrin of his wife, a staunch Democrat, and he campaigned heartily for Mr. Bush during the fall campaign.

Mr. Bush, in turn, showed up at the Kennedy Center premiere of *Twins* in mid-December. "There are all kinds of courage," said the then-president-elect, flanked by Mrs. Bush, DeVito, and Shriver as Arnold looked on and grinned widely. "There is the courage of my friend Arnold Schwarzenegger, who more than once campaigned with me across this country. . . ." A pause, and then the punchline: "And then returned home each time to take the heat from his own in-laws."

Friends say Schwarzenegger would make a great governor or senator, so great are his organizational skills and ability to inspire others. He seems to indeed have a vested interest in the political arena—as long as it is within his realm of experience. Still supremely fit and looking, at 41, every inch the Mr. Olympia/World/Universe he once was, he chatted with the new administration's transition-policy staff last fall. The topic: the President's Council on Physical Fitness. (Schwarzenegger still works out daily, sometimes for hours on end, to maintain his sculpted physique.)



The bigger the biceps, the bigger the laughs, because strong men aren't supposed to be funny, Schwarzenegger theorized. His role in *Twins* with Devito proved him right.

Before a panel of blue suits, Schwarzenegger said he would like to see the council restored to the prominence it enjoyed during the Kennedy administration. He further added that he would "love to do whatever he could do to help." At this writing, rumors are swirling in Washington that "Conan the Republican," as he is affectionately called by Mr. Bush, will be named to head the fitness council in early 1989.

Schwarzenegger's future is clearly mapped out. Foremost on his list are projects that will let him grow as an actor. Now is the time to climb to the plateau of legitimacy, he says. Now is the time to show ever more skill and ever less skin. The warmer, more sensitive Schwarzenegger of the '90s continues his inevitable metamorphosis.

"Things are changing slowly," Schwarzenegger says. "For instance, my wardrobe in *Conan* cost four dollars, while for *Raw Deal* I got 20 expensive suits made in Beverly Hills. The bill for the baby oil for that film was very low, while on *Conan* it was very high. In fact, once during *Conan* when we shot in California, I had so much baby oil on that I slipped and fell into Nevada."

So what you're telling us here, Arnold, is that the days of flexing for your supper are history?

"You've got it," he says, laughing in that foreign-exchange rumble of his. "Those days are definitely over."

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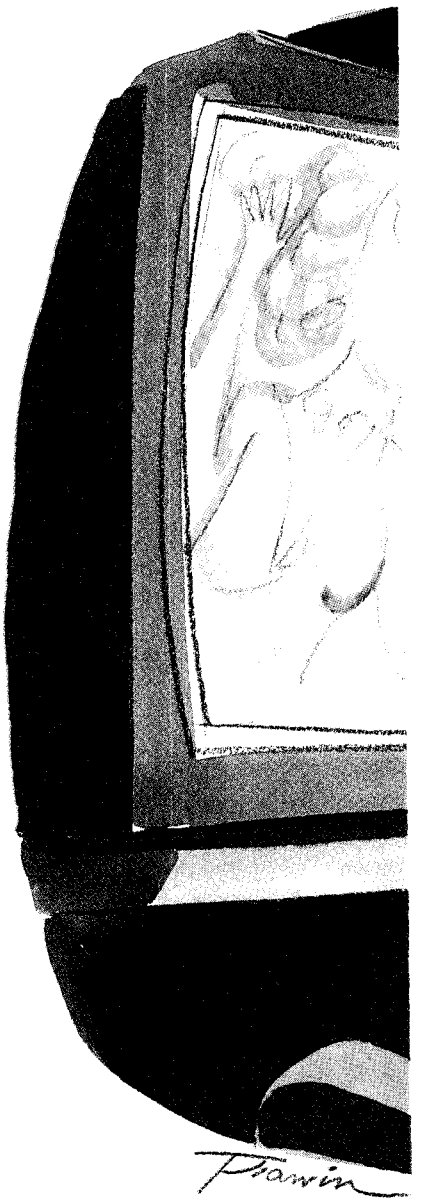
WHAT ELSE IS NEW?

The rapid advance in our modern "conveniences" has left some men lagging. Meet the hindmost.

by Maynard Good Stoddard

Illustrated by Don Trawin



I've just come from having my ears pierced. By my dear wife, let me hasten to add. And it was over such a minor thing.

I had just gone into hock at Sears for a four-horse, rear-tine rototiller. And even on sale we are talking here of a tidy $503.99. What had closed the deal was the salesman's "Anyone can operate it." The one time that dear wife had tried to operate our old front-tiner, the vibration wound her Timex so tight it never worked again. Nor did she. In the garden, that is. She still does odd jobs around the house.

So we were on our way home from Sears with this brand-new $503.99 beauty, half of it in the trunk of the car and half sticking out, when it began to rain. Because we had only a mile or so to go, I asked her, in a nice way, if she would mind running behind the car and holding an umbrella over the part of our new four-horser now being exposed to the elements. My hearing may never be restored.

The reason I bought the fully assembled floor model instead of taking one still in its cardboard box is a long story. Have you got a minute?

Just between you and me—I wouldn't want this to get back to you-know-who—I'm really not as clever at dealing with today's so-called "conveniences" (even when they are already assembled, with batteries installed) as I would like you-know-who to believe.

I offer as an example the headlights on the car I was recently sold. (I didn't buy the car—I was sold the car. I had driven to the dealership garage to have my radiator checked for winter, and this salesman said, "Have I got a deal for *you*." So I drove away with this Buick Century Limited. What it's limited to, I don't know, but it certainly wasn't the price.)

Anyway, the first time I turned on the lights, they were on bright. I immediately fumbled around on the floor with my foot for the dimmer button, and there was no dimmer button. Now the cars were flashing their bright lights at me and honking their horns. Some, mostly truck drivers, were rolling down their windows and shouting unkind things at me as we passed.

I'm sure by now you know how sensitive I am. So I pulled off the road, and after much soul-searching and car searching, I fastened an umbrella over one headlight, and I strained the light from the other one through an old " 'M' Go Blue" T-shirt I dug out of the back seat. The next day, back at Algoods, where I'd been sold the car, Tom, the patient service manager, showed me how to dim the lights by pulling back on the steering-wheel gadget that notifies opposing drivers of the direction in which you are planning to turn.

Or take our television with remote control. How convenient that no matter how remote we are, we can still punch little buttons to change channels, change volume, turn the set on, and turn the set off. This spares us the travail of heaving ourselves off the sofa and walking all the way across the room. After all, we may have already walked a mile or more for exercise that day, and too much of a good thing is not good for you. Everybody knows that.

While we were watching "Wheel of Fortune" one night, Vanna suddenly took on a bilious complexion. "Probably a touch of letteritis," I said to my dear wife. She said it's the tube and why don't you fix it. In response to my blank stare, she led me over to the set and showed me a little door that opened on to a bunch of buttons. One read "one-button color." Another, "tone." Still another, "cont." And so on. By trying each in turn, I almost lost Vanna completely. After which, merely by turning "tint" a hair, my dear wife restored Vanna's health completely. It made me sick. I didn't even know the little door was there. And I'll bet *she* found it only because she dusts the furniture every month or two.

Or take the two smoke alarms I bought last July. Because I happened to be born in July, my generous wife said the smoke alarms were my birth-

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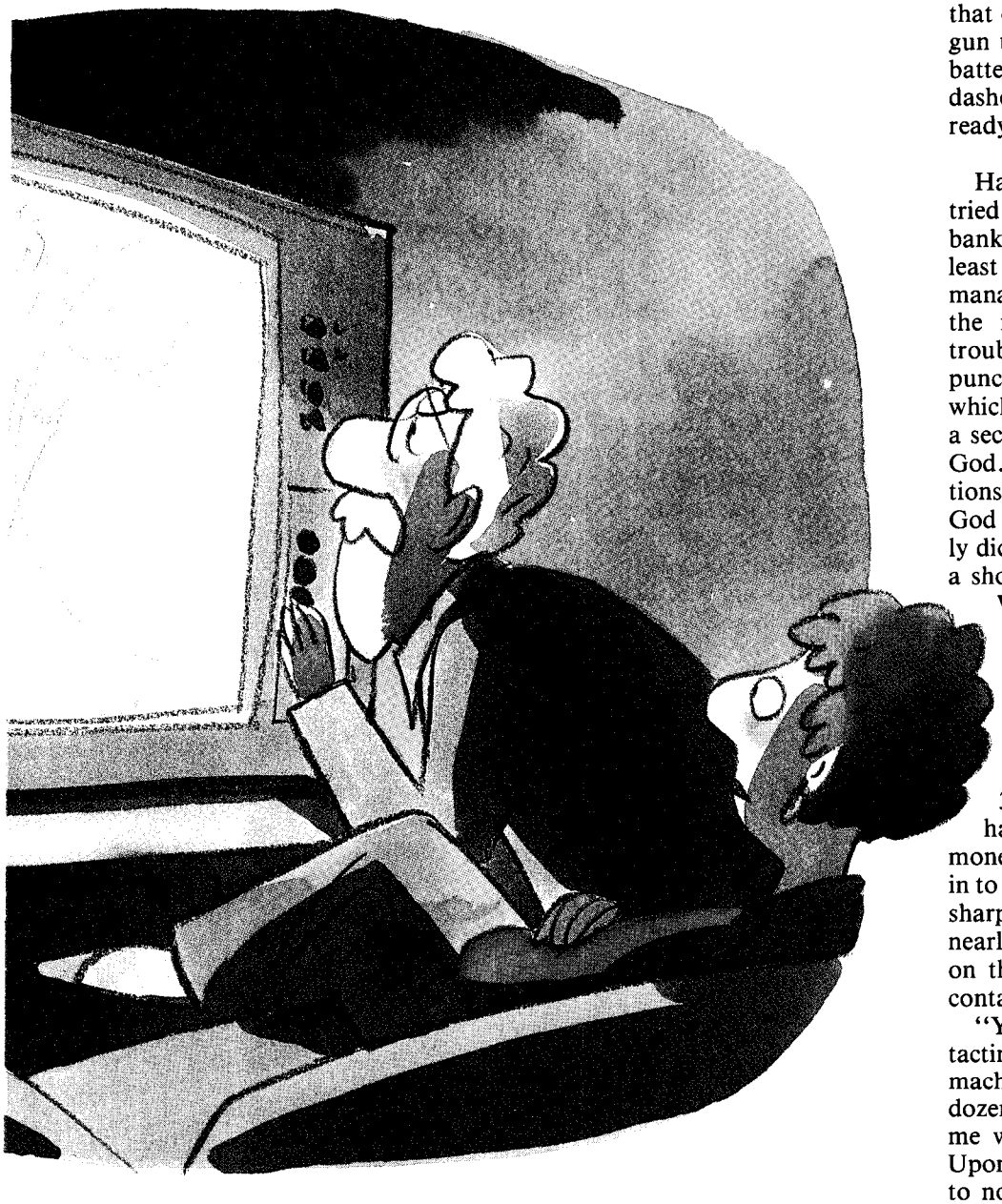

day present. (That rototiller, she claimed, was my Christmas present. I have since bought a typewriter—which we'll get to—that is taking care of next year's Father's Day. And after my recent purchase of a bookcase, she is now caught up on her gift-giving obligations through Valentine's Day 1991.)

Anyhow, I installed one of the smoke alarms in the kitchen close to where my dear wife does the burning, and I put the other alarm in the bedroom (the reason being none of your business). After hanging around for some months without action, the one in the bedroom became bored one night around midnight and began to emit a shrill chirp every minute or two. Well, I've slept through—and with—a number of disturbances, but I rose up on the fourth night of this infernal beeping and cleverly, for me, switched the raucous one for the quiet one in the kitchen. When this one, at exactly 3:10 a.m., began trying to outchirp the one I had exiled to the kitchen, I banished both mechanical canaries to the trash. The next day I bought two new ones.

Two days later a friend—whom I now hate—made an offhand remark that one of his smoke alarms had begun to beep to let him know that its battery was weak. Upon which I dashed home, but the trash had already been picked up.

• • •

Have I told you that the first time I tried to get money out of one of those bank machines it nearly cost me at least three fingers of my best hand? I managed to get my card positioned in the right place without too much trouble. Then I was instructed to punch in my memory code, of course, which I had been cautioned to keep in a secret place known only to me and God. And I had followed the instructions so carefully that now maybe God knew where it was, but I certainly didn't. Thus I was required to take a shot at the number from memory. Which is tantamount to my chances of being appointed head honcho of NASA. But I would give it a shot.

My first shot was 5352. The machine said I'd made a mistake and to try again. So I tried 3255. The machine wasn't any happier. Then I tried 2535. Still no money emerged. And I was reaching in to retrieve my card when this razor-sharp door dropped in front of it and nearly severed my three digits. And on the display panel I read, "We'll contact you later."

"You came close enough to contacting me then," I quipped to the machine, loud enough so the first dozen or so bankees lined up behind me would appreciate my ready wit. Upon returning to my car I happened to notice that my license plate number was 60A3552. I've probably been putting my memory code number on motel registration cards ever since I've been involved with this bank-machine business.

• • •

My worst problem to date came from retiring a 1935 Remington Noiseless Portable typewriter and buying a 1988 Smith Corona SD700. The name alone scared me half to death. And this, along with my having been already scared half to death by a machine advertised to be smarter

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GOLF'S GOOD SAMARITAN

Fun-loving Chi Chi Rodriguez plays golf like a champion and has the heart of a Mother Teresa.

by Doris Lee McCoy

Juan "Chi Chi" Rodriguez is often referred to as pro golf's international ambassador of good will, a title that he earns on or off the course. On the circuit, Rodriguez entertains the fans with his quips and antics, his congeniality and wit. When he puts down his clubs, he is moved to undertake philanthropic projects, most of which involve helping children.

"Most Puerto Rican people by birth are philanthropists," Chi Chi says. "They have a good heart. When they love you, they love you. They don't just like you."

Unlike the professional golfers who grew up in affluence, Chi Chi was one of six children from a poor Puerto Rican family. From meager beginnings he has risen to become in his early 50s the leading golfer on the Senior Tour.

When I met Chi Chi at a fast-food restaurant during a grueling week-long tournament, he was more than happy to speak about his motivation: Definitely, he told me, it was his father, a laborer who never made more than $18 a week—although he worked six or seven days a week and, Chi Chi said, never missed a day of work in 30 years.

Chi Chi told how his father once awakened him in the middle of the night because he heard someone trying to steal bananas from the tree in their yard. His father went outside and asked the man for the machete.

"The guy could have killed him. But he didn't," Chi Chi said. "He handed over the machete. My father went over and cut the banana bunch in half. He gave the man half and said, 'Now, whenever you want bananas and I got 'em, if you want half, you can have half.'

"So I learned from his example. I believe in helping people. I believe that if a kid needs help and I can help him financially or any other way, I will, because when a person suffers, I suffer. Why, I don't know."

Chi Chi also spoke with respect for his mother. When she was 70, Chi Chi says, he asked her why she never seemed to age. She said, "Son, I have never in my life been mad. I've been disappointed, but I have never been mad." She had strong religious beliefs and went to church three days a week.

When Chi Chi was 19, he joined the army, where he served for two years. He made $72 a month and sent $50 home to his family. After his discharge, he returned to Puerto Rico and worked as an orderly in a psychiatric clinic feeding and showering the mentally ill. Chi Chi's gentle quality made him a favorite with the patients. "That's the best year I ever had in my life because I was doing something for somebody. It gave me more satisfaction than winning golf tournaments. Of course, I wanted to do better in life, so I went into golf after that."

Chi Chi worked the night shift at the clinic so he could practice golf during the day. His love for golf began at an early age. At seven, told he was too small to be a regular caddy, he took a job as a fore-caddy. His job, watching to see where the balls fell, paid 35¢ for 18 holes. One day he surprised himself and others by picking up a club and finding that he could handle it. Having no money to buy his own equipment, Chi Chi got his early practice by hitting a tightly rolled can with a guava stick.

Although his golf career began early, his real success in tournament play has been relatively recent. He joined the PGA Tour in 1960 and won his first tournament in Denver in 1963. In the following 25 years, he won only seven tournaments and a little more than $1 million. After joining the Senior Tour at age 50, however, he matched that sum in just two years. At the 1988 Skins Tournament in Turtle Bay in Hawaii, he walked away with $300,000 in winnings.

Chi Chi takes golf seriously, but he sees no reason the game can't also be fun. He has long been known for his antics on the course. One ritual that captures his style is the matador act, in which he pretends the golf hole is a bull and the putter a sword. After wiping imaginary blood from the "sword," he replaces it in an invisible scabbard at his side. This "act" replaces an earlier one, the Mexican Hat Dance. After sinking a putt, Chi Chi would throw his hat on the hole and do the hat dance. This ritual, Chi Chi explains, had its origins when he was a child in Puerto Rico playing golf with another boy, with a five cent wager on the game. Chi Chi made a 40-foot putt but was surprised when a toad jumped out of the hole, bringing the ball out with it. The other boy wouldn't let him count the

Things don't get dull in a tournament with Chi Chi Rodriguez; in addition to winning—which he does frequently—the senior player puts on a good show.

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shot, and to prevent a reoccurrence, Chi Chi began the practice of trapping the ball in the hole with his hat.

After a number of other pro golfers complained that his antics distracted them, Chi Chi discontinued that routine. Now he makes sure that any colorful performances are done only after everyone else has putted. Chi Chi believes such light-hearted entertainment on the course is important.

"People don't have enough fun in this life," he said. "Most people work very hard. They work five days a week, maybe they work 50 years, and then finally retire. They go to a tournament and, you know, golf is a dull sport, very dull.

"Golf is a kind of stuck-up sport. Therefore, it's tough to be a golf fan, because a golf fan has to go there and be like a deaf mute. He can't speak, he can't even cough when a guy is hitting a shot. They have to be quiet all the time, but they pay their money and they work hard to get there, and when they come to watch, I'm going to make sure that I do something to make them laugh or make them enjoy themselves. What is life without a laugh?"

Chi Chi's generous nature is apparent on the course in his attitude toward his competitors. "I'm not jealous of anybody. I see guys like Tom Watson do real well, and I'm happy for them. They're people with destiny; they do good for our tour."

Chi Chi takes that concern for others to a more serious level off the golf course. A foundation he supports for abused children in Clearwater, Florida, is named for him. The proceeds from an annual tournament he puts on in Puerto Rico go to a children's hospital there. Chi Chi's goal is to make sure that any child needing surgery is able to get it—regardless whether he is rich or poor. He conducts golf clinics for underprivileged children. In 1986 he was given the Horatio Alger Award for his humanitarianism, a first for an athlete.

Chi Chi and his wife, Iwalani, have been happily married for 35 years. They have a daughter in her mid-20s. I asked him what he would want her to remember about him. "That I was a compassionate, good man who tried his very best at everything he did and did it with honor." I asked him if he was teaching her that trait, and he said, "She is learning." But he cautioned: "You don't teach people that. You just show it and they decide to use it or not. They live and learn. My daughter never knew me much until she took a year off from school and traveled with my wife and me. We really know each other now. I am really proud of her because she is very compassionate. That's the biggest word of my life, compassion. That's what I hope people will learn."

Reprinted from MegaTraits, *by Doris Lee McCoy.*
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ARE YOU A MIDNIGHT GENIUS?

Ever wake up in the middle of the night with a stupendous idea that you've forgotten by morning? A Post *writer tells about some of his own brainstorms that fizzled.*

by H. Allen Smith

Illustrated by Don Trawin

One night a few weeks ago I awoke from a deep sleep, jerked from the grip of Morpheus by the most brilliant idea that ever passed through the mind of a mortal being. It was an idea of such magnitude that it took my breath away, and I lay there panting for a few moments. Then I groped for the bed light and found my pad and pencil and wrote it down.

As I scribbled, working rapidly so that I could collapse into sleep again, I grew even more convinced that this was a concept that would shake the earth, that the idea that had come to me in the night would alter the course of history and bring true and enduring beauty to the lives of men.

Finished writing it down, I snapped off the light and lay there a few moments, thinking of the riches that would be mine. I visualized the garage I'd have to build to hold all my flashy sports cars. Then I went back to sleep.

The next morning I crawled out of bed, dressed, and went down to breakfast. I had a piece of bacon in my hand when I remembered. It suddenly came back to me that I had committed a soul-stirring idea to paper during the night. I couldn't recall a thing about it; I couldn't even think of the nature of it. But I did know it was of supreme importance, and so I dropped the bacon and rushed to get it, and this is what I found scrawled on my pad:

this at time Roosevelt died
see in clips—Times broch
not understandable to me—to us—
examine intellectual rot
they mean well—maybe
who they talkin about?
the plumber
the $5 gardner (this place will be closed all day owing to the death of our president)
do something about it.

There wasn't anything I could do about it. I read it over three or four times, studying each line carefully, but the power and the glory of it remained hidden. There was vast meaning and significance in it somewhere, but it eluded me. It eludes me to this day. I don't know the word "broch," and I don't know any "$5 gardner," and I don't know what place is closed, and I don't know what president is dead.

This is a thing that happens to me all the time. It used to be that when I had these prodigious ideas in the night, I didn't bother to write them down; I figured they were so great, so towering, so magnificent, that I could not fail to remember them the next morning. But always when morning came I never could recall a single detail about them. During a period of twilight sleep I'd have one of those stupendous ideas, and the next day I'd remember that I had it, without remembering the subject, and I'd go around all day in a sort of trance, trying to coax it out of my mind, unable to think of anything else, unable to concentrate on my work. Finally I started forcing myself to make notes.

By inquiring around I've found that it happens to other people too. And it is the same with all of us who write memos in the night. We learn eventually to scratch the things down so they will not be lost to posterity. And then we learn that the things we scratch down for posterity are almost always pure nonsense.

For some years I have preserved a thing I scribbled during the night and which had me convinced, at the time I put it down, that I would be the first man in history to win *two* Nobel prizes in the same year—the prize for literature and the prize for peace—and *almost* the prize for chemistry. I wrote it down and then dozed off, thinking of my trip to Sweden and the fame that would be mine. The next morning I found on my scratch-pad:

insomnia for poor people
think of something downstairs
think of something in bathroom
(powdered alum)
think of something in bedroom
RETRACE!!!!

Don't look at me! I only wrote it!

Perhaps the most famous example of note writing at night is that of Mrs. Amos Pinchot. Out of the blackness came a poem that impressed her as being so shiningly beautiful and so filled with wisdom that because of it she would be acclaimed as the greatest poet and the most profound thinker in all history. She wrote it down and in the morning this is how it looked:

Hogamus Higamus
Men are Polygamous,
Higamus Hogamus
Women Monogamous.

One of the most interesting night-thinkers to cross my path is a neighbor who is a vice president of a large New York corporation where brainstorming sessions are held once a week. My neighbor, in a period of sleeplessness, arrived at an idea that he believed would be of enormous benefit to his company, and so he

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Slattery dreamed he would organize an airlift and parachute anteaters all over Alabama to destroy the fire ants swarming over the state.

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wrote down his inspired thought.

The next day he was unable to make any sense out of it. Still, he knew that there was a way of applying it to his business, and he worried about it. The next time he and his fellow executives were indulging in a session of brainstorming, he tossed it into the pot—reading it off his notes, as follows:

Is there any significance
To the fact that my little fingers
just fit my nostrils
Or is it mere coincidence?

After he read it off, a few wise looks appeared on faces around the table, but nobody offered to develop it further. Later, however, the president of the company called my friend aside and said, "That idea of yours—about the little fingers fitting in the nostrils—I think perhaps you've got hold of something there."

My friend exclaimed, "Great! Glad you think so. I felt it was important, but I just can't seem to find a concrete application for it."

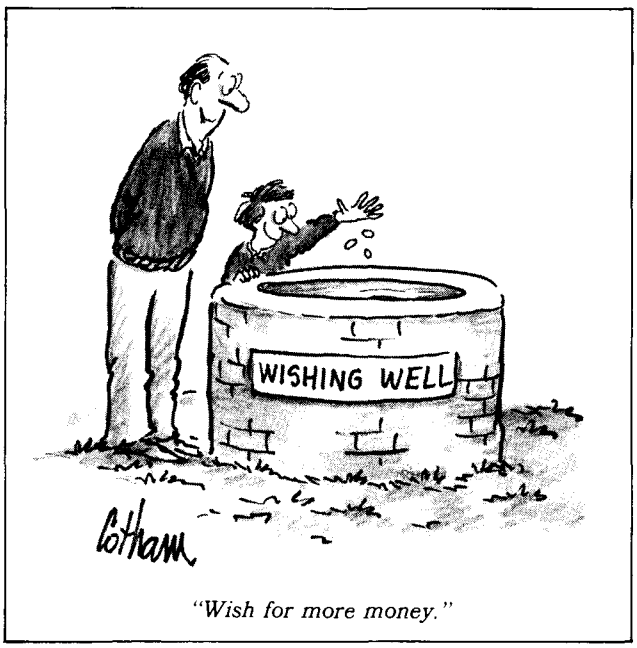
And the boss replied, "Just leave it alone. It has great potential. Let it gestate. One of these days, BAM! You'll have it."

My friend says that up to the present moment, no BAM! Yet he hasn't been cured of night notes. One of his more recent bafflers says: "German doctor—lines patients up in circle—checks 'em from his bicycle seat."

The scratching down of unintelligible night notes is a universal habit among professional writers, but I find that it also happens to sensible and well-adjusted people. Adm. William S. Sims used to tell of a memo written in the night by a famous English admiral during the First World War. This admiral had a recurring dream in which he was shown the way to end the war swiftly and happily. During his sleep the admiral would see it all quite clearly, but when morning came he'd be unable to remember it. Finally he decided he would force himself to write it down in the night, and he did so, and the next day he hurried to read what he had written so he could get on with the job of ending the war. His master solution was stated in seven words:

The skin is mightier than the
banana.

Raymond Loewy has designed a sliding night desk that emerges from a storage cabinet and takes up a position across his bed, so that he can work when he doesn't feel like sleeping. And someone else has invested and marketed a pencil with a tiny flashlight on it, to facilitate the taking of night notes. These inventors apparently operate on the assumption that all such notes and memos are valuable. I know that I have found scribblings on my bedside pad that almost contained wisdom, such as, "She was inhuman toward her husband, meaning she was invariably nice to him." And on another occasion, "Somebody hit him on the head with a powerful telescope."



"Wish for more money."

Fred Beck, of Los Angeles, has a many-sided mind, and one of its sides would suggest that he has the instincts of a promoter. One of his long memos concerned his belief that Catalina Island would make California's most beautiful residential suburb if it didn't have a water problem.

Beck, lying half asleep, decided he would subdivide the island and require that the purchaser of each lot donate a 50-foot length of garden hose. All these hose lengths would be hooked together and coiled on a barge. The end would be attached to a faucet in the garden of Beck's brother-in-law, Nortie, in Santa Monica. The hose would then be unreeled from the barge, dramatically, in the manner of the Atlantic cable, and laid on the ocean floor; and thus would water be brought to Catalina and an immense fortune to the pocket of Beck.

This same Fred Beck was once associated with the famous Farmers Market in Los Angeles. During that period he had a night thought which would bring a great flood of publicity for the market. He wrote it down, as follows: "Arrange have Capistrano swallows switch to F.M." Unhappily he didn't write down the part in which he had figured out how to do it—how to convince the swallows. He tells me that during the night he had it, he knew how it could be done, but that he was never able to remember it.

During the time when I was investigating the subject of night notes, a gentleman-adventurer by the name of Desmond Slattery spent a weekend at my house in the country. After he had gone back to the city I found some notes beside the bed he had used. I couldn't make sense of them. Here they are:

Get Gov. underwrite my expenses go down stage roundup—airlift—parachute 'em all over state. Important—issue statement to press denying this publicity stunt for song.

A few days later I saw Slattery again in New York and gave him his notes. He studied them awhile and then surprised me by remembering what they were about. He reminded me that the fire ants from Central America are swarming over the South, and especially over Alabama. Slattery proposed that he would go to Central America and stage an anteater roundup. Then he would organize an airlift and parachute anteaters all over the state of Alabama. As for the statement to the press, Slattery explained that he would issue it to deny that he was plugging a song titled "Anteaters Fell on Alabama."

A. J. Russell, a top writer in television, tells me that he once had a plotting problem, in connection with a TV-drama script, that stayed with him for days and grew worse as time

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passed. He became irascible and mean, kicked at flowers, and spent hours pacing the floor. Finally came a morning when he was snarling his way through breakfast. Mrs. Russell tried to soothe him, telling him to be patient, that he'd get it solved in time; and then suddenly he leaped to his feet with a joyous cry. "I got it worked out last night," he shouted, "while I was half asleep! I wrote it down—the whole solution!" He raced to his bed table and snatched up a sheet of paper. There it was, in bold letters: "Quit the d— job."

Ann Maulsby, a writing neighbor of mine, has saved several brilliant examples of her own night notes. Once, she thought, in her twilight sleep, that she had found the perfect opening for a novel. She wrote it down sleepily and found the next day that it read:

She was traveling around
the world trying to learn
how to be circular. She had
never been circular.

Ann Maulsby has never written a novel to go on the end of that beginning, but I think she should. I am also an admirer of a poem she composed in the night. This time she couldn't even remember having written it down. She simply found the notes and recognized her own handwriting. Here it is:

Stuck with the stuff of gardeners'
dolls—
One-half man and one-half
woman.
Little Mary Ott on her blot-stained
cot,
Plagued by austerer values than
ours.

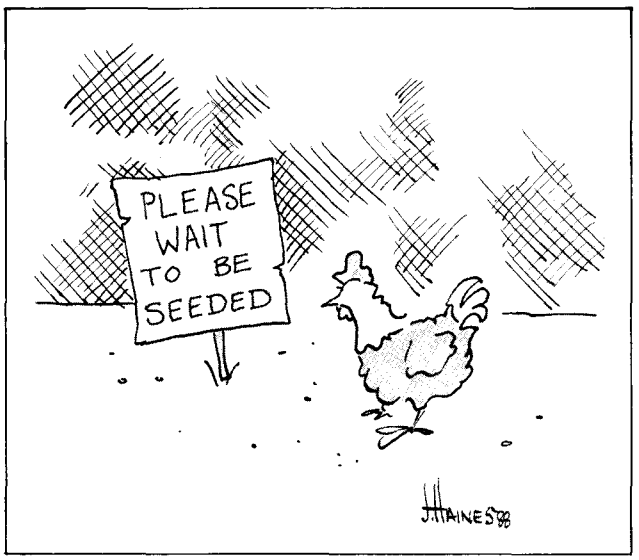
In my opinion it's as good as anything T.S. Eliot ever wrote.

Hugh Troy, who lives in Washington, D.C., is—in the Brooklyn phrase—a man of many facets, all turned on. Many lovely philosophical concepts come to him during the night. One of them turned up on his note pad as follows:

Call State dept.
All energy is state of mind. Going
uphill is state of mind. Climb
Everest—think downhill while
climbing. You'll really be going
downhill. Important.

I have been told about another Washington man, the head of a powerful government agency, who created an elaborate Defense of Hatred one night and wrote it all down, believing that it might be so important that a new cabinet post would be needed to handle it. His notes, passed along to me, follow:

Right to Hate is paramount, God-
Given. To restrain hate is
unhealthy. Don't bottle it up.
Bring out in open. Market a Hate
Kit. Little dolls like real people—



Pres. Veep. Sens. Cabineters. Pins
to stick in them. Candy dolls to be
eaten. Slogan—Eat the Man You
Hate. Slogan—Hate for Health.

I've been told that the citizen who inscribed those sentiments is one of the most gentle and most kind men in Washington.

Some years ago a writer came to me in Hollywood and showed me a scrawl on a piece of paper, which said, "The Sensitive Cucumber." He said he had written it down in the night, but he couldn't think what it meant and it had him worried. He wanted to know if I had ever heard him talking about cucumbers, sensitive or otherwise. I couldn't remember any such conversation. A week or so later I saw him again and asked him about it, and he said it had all been cleared up in another dream.

"Here I was," he said, "walking down a street, and suddenly right there on the sidewalk, in front of me, was a cucumber—a huge cucumber, big around as a barrel, stretching across the sidewalk. I made a movement to the right, as if to go around it, but it turned with me. I made a move in the other direction, and it turned with me—just like a radar scope. It was sensitive to every move I made, and I just couldn't get past it and had to turn around and go back home."

I told him I thought that The Sensitive Cucumber would make an excellent title for a book I was then writing and asked him if I might have it, but he turned me down—said it was his dream and his cucumber, and he'd use it on one of his books. Real selfish.

I have read that Ralph Waldo Emerson awoke one night with the most wondrous and prodigious philosophical image ever to come within his grasp. He groped for a pad and got it and groped for a pencil and got instead a small comb belonging to his wife. In the darkness he scribbled quick notes to remind himself of his great idea. And in the morning he found, of course, a blank sheet of paper.

There is, also, a story about Oliver Wendell Holmes the Elder. As a doctor he was interested in the use of ether as an anesthetic and once had a dose administered to himself. As he was going under, a great thought framed itself in his mind—he believed that he had grasped the key to all the mysteries of philosophy, a final solution to the central problem of existence. When he regained consciousness he was unable to think of it. But he had to recapture it, for it was of vital importance to mankind. He arranged to have himself given ether again and determined that he would speak the great thought so that a stenographer could write it down. This time, just before the ether took full effect, he had the vision again, and he spoke the words and they were written down as follows:

The entire universe is permeated
with a strong odor of turpentine.

In conclusion, I would like to offer two remarkable examples of night

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BOOK REVIEW

AMAZING GRACIE

She was a matchless comic artist who was smart enough to become the dumbest woman in show-business history.

by Maynard Good Stoddard

Gracie: A Love Story
by George Burns
G. P. Putnam's Sons, New York,
319 pages, $16.95

"I lie a lot," confesses the author of five bestsellers previous to *Gracie: A Love Story*. "But when I write about Gracie, I don't have to lie," he says. "The truth is unbelievable enough."

George Burns is of course referring to Gracie Allen, his wife and partner, a matchless comic artist smart enough to become the dumbest woman in show-business history.

Only Gracie would make ice cubes with hot water so they would be ready if the water heater broke. Who else would cut her vacuum cord in half to save electricity? Or suggest, "Horses must be deaf because you see so few of them at concerts"? Or plead with her audience, "If I say the right thing, please excuse me"?

© 1939 Paramount Pictures, Inc.

To the millions of Burns and Allen vaudeville, radio, TV, and movie fans, saying the wrong thing was the right thing. And at saying the wrong thing, Gracie was an expert.

Burns records how Gracie, getting her permit to drive a car, went up against bureaucracy in the person of Mr. Harkness of the motor vehicle bureau.

"Mrs. Burns," he said, "I've been going over your test. Never in the 16 years I've been here have I seen anything like it."

"Thank you," Gracie responded proudly.

"When you wrote these answers you obviously had something in mind," he continued. "For instance, this question: Have you ever had a license before? You said you did. How long?"

"Oh, it was about four inches," Gracie said. "It fit right in my wallet."

"I see. Well, let's try the eye test. That doesn't require any thinking."

"All right with me, but why don't you like to think?"

"Now, Mrs. Burns, please concentrate on the chart on the back wall. Close one eye," he continued, handing her a white card, "and what do you see?"

Gracie held the card in front of her eye. "I see the white card."

"No, no, no, no, what do you see with the other eye?"

"Nothing, that's the eye that's closed."

Finally Harkness persuaded her to try to read the eye chart. "I wish I could," she admitted, "but I can't pronounce any of those words."

After passing the test, Gracie employed her zany tactics to get a car. On one show she told George she had dreamed he gave her a Cadillac and she gave him a necktie. Then she handed him a necktie and said, "I've kept my part of the bargain."

After getting the car, she reported that a policeman had stopped her and tried to give her a ticket.

"What did you do?" George asked.

"I was so angry I refused to accept a gift from him," she said, "so I insisted on paying for it."

After Gracie's death in 1964, newspapers reported that the daughter of George Allen, a well-known song-and-dance man, was born in San Francisco in 1906. Burns writes that he never knew for sure how old Gracie was because she claimed her birth certificate was destroyed in the San Francisco earthquake. Reminded that the earthquake occurred *before* her birth, she reminded George, "That was *some* earthquake."

Of her birth itself she would only say, "I was so surprised I didn't talk for a year and a half."

Luckily for the world of entertainment, George Burns and Gracie Allen met in 1923. Gracie was originally the singer-dancer of the act. To be identified as the comedian,

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George would dress in the traditional comic garb of baggy pants, short coat, and a trick bow tie that he could twirl to signify a joke. As the straight "man," Gracie wore a lovely dress. But when her questions, no more rib-tickling than "How stingy *was* your father?" began to get chuckles while his answers fell flat, George says he didn't have to be a genius to know something was wrong with the act.

To test the audience's reaction, he then gave Gracie a few toppers. One went like this:

"Who was that guy I saw you kissing backstage?"

"Oh, I don't know."

"You mean, you kiss a guy and you don't know who he is?"

"Well . . . I was standing in the wings, and he said, 'How about you and me having a bite tonight?' And I said, 'No, I'm busy tonight, but if you'd like I'll bite you now.' " The audience roared. And by the end of the third night Gracie was getting three-quarters of the punch lines. Burns says he didn't mind because he was getting 60 percent of their salary.

Many of those punch lines centered on Gracie's relatives. On her nephew, for one, who went to the doctor with a terrible cold. The doctor told him to take something warm—so the nephew took the doctor's overcoat.

A cousin was a famous poll taker who conducted a survey to find out how many people had telephones. He discovered that 100 percent of the people he called had phones.

Another cousin, a bus driver, had an accident because he'd pasted all his safety awards on the windshield. He deserved those awards, Gracie would explain, because he was a safe driver. He once was driving his bus from San Francisco to Sacramento when he lost his rearview mirror. Realizing how dangerous it was to drive without being able to see the traffic behind him, he turned the bus around and drove back to San Francisco. That way all the cars that had been behind him before were now in front of him.

Gracie's missing brother also provided a springboard for many of her dives into the pool of mental alienation. Asked what this brother called himself, she answered, "Oh, don't be silly. He doesn't have to call himself—he knows who he is."

"What I mean is: if your brother was here, what would you call him?"

"If my brother was here," Gracie would point out, "I wouldn't have to call him."

"No, listen to me. If I found your brother, and I wanted to call him by name, what would it be?"

"It would be wonderful."

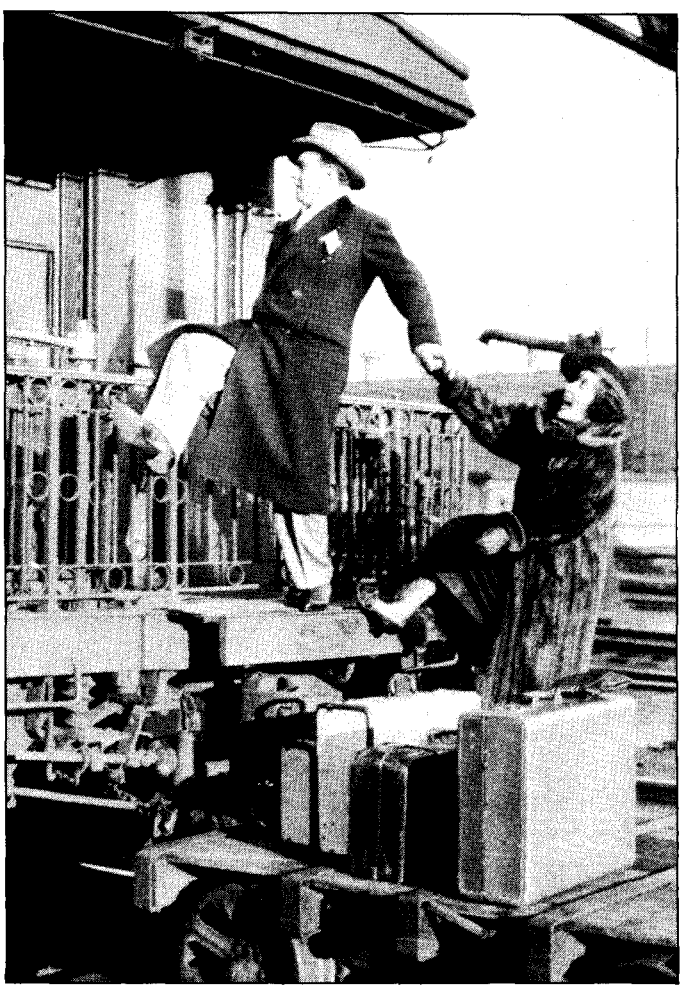
Although Gracie Allen made Americans laugh for 40 years, traveling with George Burns through the 319 pages of *Gracie* (and its 48 pages of pictures) is not all fun and games. With wit and candor and his own delightful style, he takes you from Gracie's debut in show business at a church social at age 3 to her life as a devoted wife, the loving mother of two adopted children; through her bouts with heart problems, crippling migraine headaches, and success in concealing her horribly scarred left arm, burned in a childhood accident.

"Marrying Gracie was the best thing that ever happened to me," the author confesses. "I have a feeling she felt the same way—that marrying her was the best thing that ever happened to me."

Theirs was a romance that has endured almost 25 years after her death. The nonagenarian entertainer, who is booked for an engagement in his 100th year, says, "For 40 years my act consisted of one joke. And then she died." Now he goes to Forest Lawn Cemetery once a month to tell Gracie everything that's going on. "I told her I was writing this book about her. Evidently she approves—she didn't say anything.

"I don't know if she hears me, but I do know that every time I talk to her, I feel better."

Even if your budget can accommodate only one hardcover book this spring, you should become acquainted with this unusual reminiscence. *Gracie: A Love Story* offers tears, chuckles, and any number of good belly laughs. *You'll* feel better for it.



"For 40 years it seemed like Gracie and I were always in training for our next appearance."

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A SURGICAL PATIENT'S TRANSFUSION SURVIVAL GUIDE

Long-overdue advice on how to avoid the risk of "potluck" blood should the need for a transfusion arise.

by Theresa L. Crenshaw, M.D.

Monty Kobey of San Diego was transfused with HIV-infected blood in 1984. Officials at both the Alvarado Hospital Medical Center and the San Diego Blood Bank, according to Kobey and his wife, knew he received contaminated blood in early 1987, but didn't tell him until it was too late. Two days after Kobey was hospitalized for a "mysterious brain infection," and six months after Alvarado Hospital was aware of the tainted blood, Kobey was informed. The Kobeys believe that perhaps, had he known sooner, his state of confusion and mental disability could have been diagnosed earlier and treated before irreversible complications set in. Adding to the tragedy is their knowledge that if transfusion alternatives had been used, his whole ordeal might have been avoided. The banked blood he received was probably unnecessary. Monty Kobey and his wife are suing Alvarado Hospital Medical Center and the San Diego Blood Bank.

Swedish-born Dr. Theresa Crenshaw served on the Presidential Commission on the HIV Epidemic. She focused on safety in the blood supply and alternatives to homologous blood transfusions.

Tragically, Kobey's story is one that should never have to be told. Yet, his is not the only such case. Unsuspecting patients are still unnecessarily receiving homologous banked-blood transfusions throughout the nation.

The purpose of this article is to help you protect yourself from getting an HIV infection by avoiding unnecessary transfusions and knowing the right kind of transfusion to get if you must have one.

Protection begins with knowledge about the alternatives.

Although most people who receive AIDS-infected blood become infected, blood banks have been slow to notify those who might be infected and even slower to take their partners into consideration.

Fear of stimulating litigation encourages blood banks to avoid notifying those who may have been infected. One source, who insisted on remaining anonymous, said, "They are going to die soon anyway. If we wait long enough, they won't be able to sue us. Why create problems?"

According to the July 27, 1988, issue of *AIDS Policy and Law,* the Oklahoma Blood Institute and a doctor at St. Anthony Hospital in Oklahoma City are being sued by a woman who allegedly received HIV-infected blood in 1986. The suit Spiegel v. Fisher alleges that the plaintiff was infected from a transfusion received during heart surgery. As anticipated, the worst fears of the blood-banking industry are coming true. In 1987, the patient was notified during a lookback program. This knowledge enabled her to initiate the suit. In addition, this is the first case on record claiming that failure to use Intraoperative Autologous Transfusion (IAT) is a factor in litigation.

Some responsible institutions are performing lookback programs and coping responsibly with the consequences. The majority are not, leaving thousands of transfusion recipients and their sexual partners in the dark about their infections.

One woman had sex with her husband only five times after his transfusion, but she still became infected.

However, as a result of litigation, the neglect of sexual partners of transfusion recipients who are infected or at risk may soon come to an end.

A Denver jury recently ordered infectious disease specialist Donald Kerns, M.D., to pay Suzie Quintana $70,000 in damages "for failure to describe precautions Quintana could take to prevent exposing her husband to infection." (*American Medical News*, June 17, 1988.) She was a transfusion recipient.

Meanwhile, blood banks say hospitals should take the responsibility of notifying the sexual partners of transfusion recipients. Hospitals want physicians to do it. Physicians point to public health authorities. And some public health authorities

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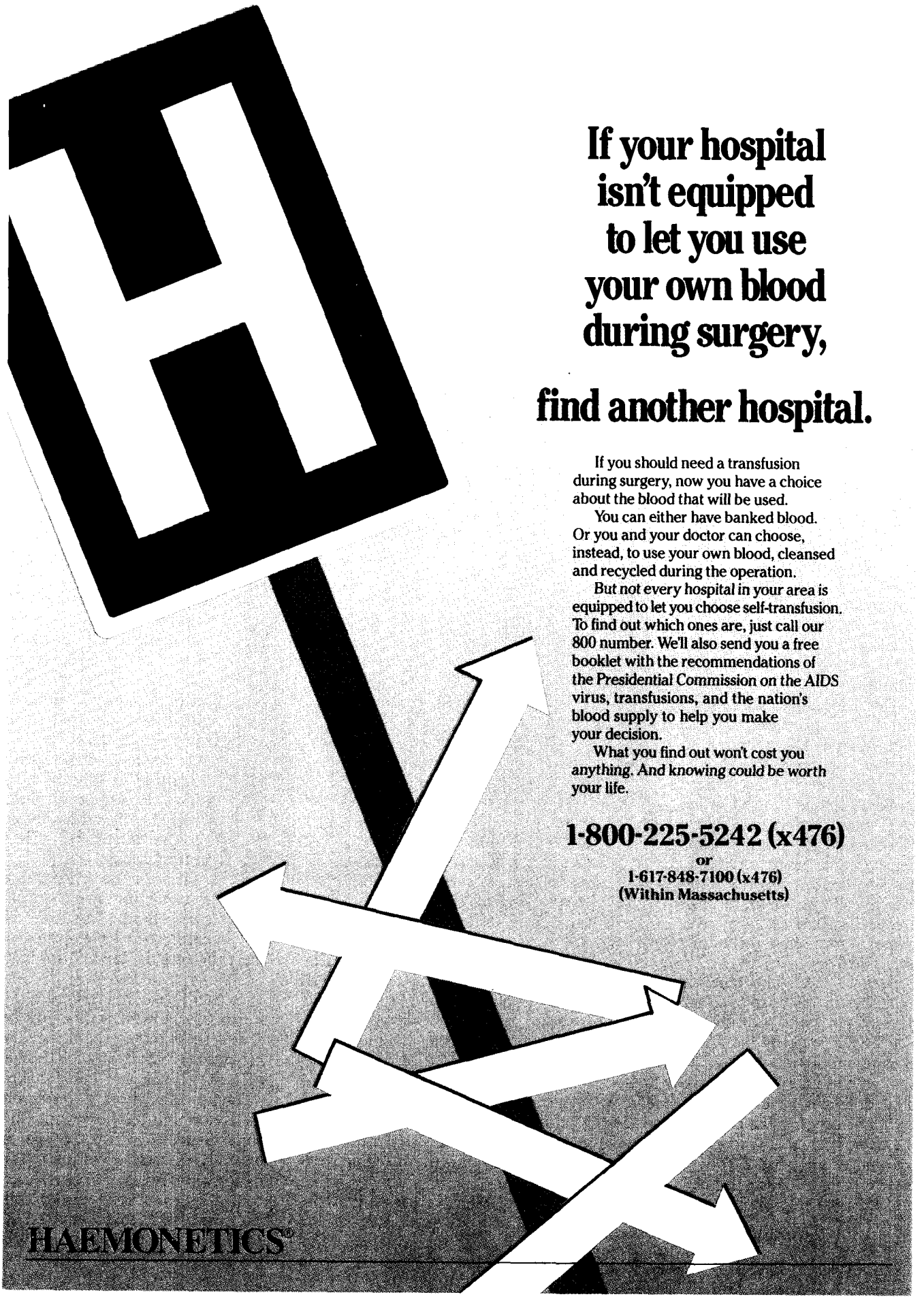

If your hospital isn't equipped to let you use your own blood during surgery,

find another hospital.

If you should need a transfusion during surgery, now you have a choice about the blood that will be used.

You can either have banked blood. Or you and your doctor can choose, instead, to use your own blood, cleansed and recycled during the operation.

But not every hospital in your area is equipped to let you choose self-transfusion. To find out which ones are, just call our 800 number. We'll also send you a free booklet with the recommendations of the Presidential Commission on the AIDS virus, transfusions, and the nation's blood supply to help you make your decision.

What you find out won't cost you anything. And knowing could be worth your life.

1-800-225-5242 (x476)

or

1-617-848-7100 (x476)
(Within Massachusetts)

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oppose laws requiring contact tracing.

Therefore, you need to take it upon yourself to get tested if you have any doubt at all. The reason: should you be infected, time is of the essence in starting a program to protect your immune system and prevent the onset of AIDS-related symptoms—and you also want to protect your partner.

Recycling Your Own Blood (IAT)

The best way to avoid transfusion-borne infection is simply to receive your own blood. Dr. Lester Sauvage, of the Hope International Heart Research Institution in Seattle, states emphatically that *not* using autologous blood (the patient's own blood) when using it is feasible could subject a physician to litigation.

That's why Intraoperative Autologous Transfusion (IAT) is recommended. It is a method of recycling your own blood during surgery. Blood lost during the operation, instead of being discarded, is processed through an automated machine, washed, filtered, and returned to the patient within three to five minutes.

This procedure can be used for all operations except those that involve malignancy, infection, or open bowel surgery. However, too often, banked blood is used when IAT would be better. Some blood bankers claim IAT is expensive and labor intensive, but this is not true. It is cost-effective if two or more units are needed and actually saves money if more than three units are transfused.

Because IAT machines are not available in all hospitals, businesses have sprung up to meet this need.

PSICOR, one of the IAT services expanding nationally, is currently available in many cities. If your hospital does not have IAT equipment, PSICOR supplies the equipment and the personnel to any hospital or doctor that requests it, 24 hours a day. PSICOR light-heartedly calls itself the "Federal Express of IAT."

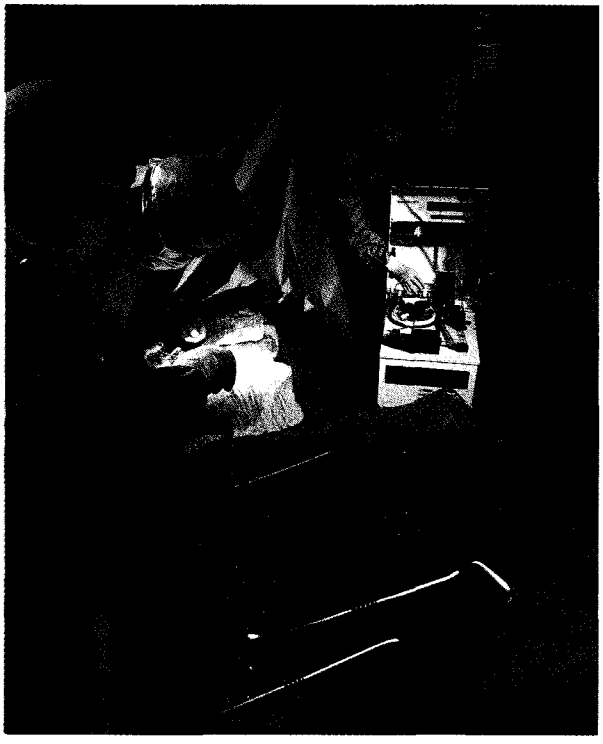
Plasmapheresis

For procedures that involve massive blood loss, IAT may not eliminate all need for blood bank products. Heart surgery, for example, may require 40 to 50 units of blood.

Amazingly enough, IAT can keep recirculating blood until it has recycled that many units. However, in the process, you lose platelets and clotting factors essential for stopping the bleeding after surgery.

As a result, at the end of surgery, your doctor might order a "six pack" of platelets from the blood bank. But there is a way to avoid even this small amount of foreign blood product: another machine can draw off some of your own platelet-rich plasma just before surgery begins while you are undergoing anesthesia. This platelet-rich plasma, full of fresh clotting factors, is saved until the end of the operation. During surgery, IAT is used. When the surgeon is closing, he gives you back your own plasma. You begin clotting and the bleeding dries up nicely.

"It's cost-effective because the patients are at a lower risk for getting AIDS and other blood-borne infections, and because they won't stay in the hospital as long and will be generally healthier because they used their own blood," says Bob Garvie, vice president of Haemonetics Corporation, which manufactures plasmapheresis equipment as well as the Cell Saver, an IAT device. Most insurance companies cover both IAT and plasmapheresis.



To avoid the possibility of hepatitis, AIDS, or a number of other blood-borne diseases, wise consumers ask for operating rooms that recycle the patient's own blood that has been suctioned off during surgery.

Pre-donation: Banking Your Own Blood

Wayne Tombaugh sued Irwin Memorial Blood Bank and Kaiser Permanente Medical Center in San Francisco after he got AIDS through a transfusion. Tombaugh, a member of the San Francisco Chamber of Commerce, was well aware of AIDS. Months before August 1984, when he was to have surgery for an aneurism, he volunteered to pre-donate his own blood. However, the doctors assured him that blood transfusions would not be necessary. Blood was used, and unfortunately it was infected with the AIDS virus. Tombaugh learned that he had AIDS in December 1986 and filed a lawsuit immediately. Even though he was put on a respirator and could not speak, his daughter recalls his anger. "He clenched his fist and shook it like he was saying, 'Get the ——.' "

If he had insisted on pre-donating, in spite of his doctor's reassurances, and requested IAT and plasmapheresis, he might be alive and healthy today.

There is no truer statement than "Your own blood is the best blood." Several private enterprises have sprung up to meet the surging demand for banking one's own blood.

In San Diego, for example, Merus Personal Blood Banks has just begun a new service that enables people to pre-donate blood at their homes or offices. A registered nurse makes the personal calls with a portable blood-collection unit so the patient isn't inconvenienced by trips to the blood bank. This service will be expanded nationwide by early 1989.

Just as ambitious in the convenience race is a program set up by Idant Division of the Daxor Corporation, of New York, the firm that boasts of opening the first autologous

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blood center in the United States. Pre-donated blood is stored frozen at a facility at Federal Express' Memphis, Tennessee, hub and shipped anywhere in the country in an average of six hours.

Idant has refined the blood-thawing process so that it takes only 45 minutes, according to Dr. Joseph Feldschuh, Daxor president.

Feldschuh, who launched the program because his own father died of complications resulting from infected blood, said a recent incident shows how valuable such a service could be:

The daughter of a vice president of a large corporation was injured in an automobile accident in Maryland. Although the father had not yet taken advantage of Idant's local pre-donation services for his own family, he had paid for his secretary to do so. The daughter had lost half the blood in her body, and doctors eventually made the decision to give her a transfusion. Before they did, however, the father checked his secretary's blood type and got permission to use her blood. "We gave the blood to a motorized courier, it was put on a shuttle flight to Washington, picked up by another courier, and taken to the hospital. That blood was out our door and in the patient's arm in three hours," Feldschuh says. Frozen blood units can be stored indefinitely, according to Feldschuh.

Directed Donations

Choosing your donor is an alternative to traditional banked blood if you have exhausted the possibility of using your own blood.

The blood-banking industry claims directed donations are not any better than banked blood. Although it is true that directed donations fail to offer the disease barrier provided by autologous transfusion, there can be advantages. For those who have spouses with the same blood type, using their blood is not much riskier than having sex with them.

On the Horizon

The promising new field of genetic engineering will soon have an impact that wasn't possible only a few years ago. Ortho Pharmaceutical is marketing in Europe and seeking U.S. approval for human recombinant erythropoietin, which accelerates the production of new blood cells.

Erythropoietin will be especially useful for those who want to pre-donate their own blood, but whose operations have fairly heavy transfusion requirements. Injected with erythropoietin, patients will be able to donate about twice the normal amount of blood in the weeks prior to surgery.

Erythropoetin will also be valuable for surgical patients who are discharged slightly anemic because of the growing practice of avoiding transfusions whenever possible. The drug will get the patient's blood back to normal much more quickly.

"This is a breakthrough drug, an advance we feel is as important as the development of human insulin," says Dr. Kenneth Krantz, Ortho's clinical research director. "It's a replication of a naturally occurring hormone produced by the kidney, and it has minimal side effects."

Krantz adds, "For about the same cost as receiving homologous transfusions, you can take erythropoietin and make your own blood."

It is not only AIDS that justifies all this attention to the transfusion issue. In an estimated 10 percent of transfusions, some form of hepatitis is transmitted. One study even links a higher cancer recurrence rate to whole blood transfusions (*Anaesthesiology News*, October 1988). HTLV I is another infection transmissible by transfusion, and there will probably be new blood-borne viruses discovered in the future.

These are powerful incentives for improving the safety of donor blood —and avoiding transfusion by using the newest medical technology.

Peter Michael

Dorothy Polikoff was warmly greeted at the Presidential AIDS Commission meeting in Indianapolis, where she testified. Her AIDS came from having sex with her husband after he had a blood transfusion during surgery. When he became ill, no one told them it was AIDS from his transfusion. Widowed and ill, Dorothy clings to life to help prevent this scenario from happening to others.

Summary of Resources

Intraoperative Autologous Transfusion (IAT)—IAT is a process in which a machine recycles your own blood during surgery, enabling you to avoid transfusions in most cases. It can be used for emergency as well as elective procedures.

Plasmapheresis—Plasmapheresis harvests platelets from your bloodstream just before surgery so that they can be returned to your body after the operation to give you the necessary clotting factors to stop bleeding. Used with IAT, it completely eliminates the need for donor transfusion in most cases.

Pre-donation—Pre-donating your blood before elective surgery is a good idea and should be done whenever possible, even when your doctor doesn't expect much blood loss. Approximately four units can be stored during the month preceding surgery.

Directed donations—Choosing your donor is an alternative to traditional banked blood if you have exhausted the possibility of using your own blood.

- If you have had surgery during the last ten years, ask your doctor if you received any transfusions or blood products. If you did, get tested for HIV and advise your sexual partners to get tested too.
- If you are going to have surgery, discuss transfusions and alternatives with your doctor in advance. Ask if the type of surgery you are about to have might require blood. If not, consider donating a pint or two for good

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Outcast of the Hills

BY STEWART TOLAND

Illustrated by Peter Stevens

Synopsis: ***Unjustly accused of setting an illegal bear trap, the blind Jonathan Deal is condemned by mountain society to live as an outcast. His only friend, the old Mis' Loulie, allows Jonathan to tend her sheep, but on Christmas Eve all the sheep are stolen. Jonathan, wandering desperately in search of them, comes upon Eben, a boy from a poor hill family, who dreams of shepherding his own flock. Eben had built a play lamb of wood and bits of brier wool from Jonathan's flock. Having heard of the theft and of the legends of Christmas miracles, the boy gives the lamb to Jonathan in the hopes that the angels will make it real on Christmas night.***

Jonathan takes the gift to Mis' Loulie and tells her it is all he has left of her trust, but the wise old woman answers him with a riddle: "Does a shepherd need sheep? Or do sheep make a shepherd?" Jonathan is not really an outcast, she tells him; he only believes himself to be. Jonathan begins to see her meaning. He wraps the lamb in a sack and sets off in the night after giving her his only gold coin, enough to buy one small sheep.

Conclusion: A small voice called from the warm chimney stones, "Where is the lamb? I been waiting for to see the angels make it real."

"It is in the sacking to keep it safe. I was looking for you, Eben. I would like for you to teach me to be a shepherd."

"But don't you know? You had so many sheep."

"Sheep don't make a shepherd. I've learned that now. Tell me, what does being a shepherd mean to you?"

Eben twisted his toes in the snow, but he'd thought on this; he had dreamed just how it should be. "It means something trusting me to keep it safe, and I do. It means keeping one's own little pasture in peace, no matter what."

One's own little pasture. Jonathan listened and listened.

And Eben said, "But the lamb, is it all right in the sacking? How will the angels find it?"

And Jonathan said the angels would know where it was.

He put out his hand, and the small, cold one crept within, and Eben asked, "Are we going to hunt the sheep that are lost?"

And Jonathan said yes. They were hunting what was lost. Hand in hand, they walked down the hill called Hope. And the snow fell soft and still, wrapping all the world in swaddling clothes.

All that night they walked past every dark and sleeping door. Through the galax, winter-bright; under rhododendron leaves curled back tight like angry horses' ears. They walked until they smelled hearth smoke.

And then Jonathan asked him, "Can you see any light?"

And Eben said, "Yes. In yon cabin there is a light and fire sparks coming out the chimney hole. Is this where your sheep are?"

Jonathan said no. But there were other things than sheep to watch in the lonely nights. He hallooed the cabin, "Cabin, why do your fires burn late?"

And a woman cried, "I'm sick, and I got no one to run for help!"

Jonathan said, "Run, Eben, run. Go to the cabin we just passed."

And Eben ran, and he brought womenfolk.

And they waited outside, listening to the crying, but Jonathan said, "It will be all right. For Christmas is the time for mending hurts."

By and by, the light was hushed and the cabin slept. And man and boy walked through what was left of the night. The snow etched every limb and every curving of the earth, and it began to drift into the quiet hollows.

They walked until they smelled lantern smoke. And Jonathan said, "Do you see a light?"

And Eben said, "In the cricks of yon barn there is a light."

They went to the barn and found a man and his woman and all their children about a cow that was down and wouldn't get up, and wouldn't eat, and was just lying down like she was fixing to die. There was the switch they had beat her with, there were the ashes of the fire they built under her all kicked around, for they were sure if they could get her to stand, that was all they had to do. For it's only the lying-down beasts that die.

And Jonathan said, "Eben, what would a shepherd do about this?"

Eben said, "A shepherd's hand is soft." And he knelt and hugged that cow, and stroked her long, hairy ears and her long, bony back.

Jonathan said maybe the cow had lost her cud; if they'd bring some cherry bark and bran and dried poke leaves with a wetting of sorghum, he'd make her a new one.

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They did. And Eben took it in his hands and held it to her lips and pushed it in just easy, like it was something good and he wished he could eat it too. He kept raising his hand, and all by herself she got up to lick the last, and stood there chewing mightily on her cud.

And Jonathan said to Eben, "It must be she got up because Christmas is trust."

Jonathan and Eben smiled on each other, and walked out into the night. They walked until they heard the running of many feet, tiny feet racing across the snow. They were rats all running out of the mountain. They felt the warm breath of a coal mine, just a little old one-room mine a man worked to his own, and they heard women weeping and men whispering. A man was inside there; he had not known how to shore his room right, and he was holding a timber that was not braced tight. If he let it go, the roof would fall, and the crushing mountain.

They could hear the fault creaking and groaning. That was why the rats were running. That is why every miner watches the rats, and when they run, he runs. That was why no woman would let her man inside to tote the timber that would brace the roof and maybe let him live to get out. It wasn't they were narrow-hearted. It was just they were afraid. For the rats had run and run, and none were left to run. So there was no time.

Jonathan listened, and heard no rats. He listened, and heard the weeping. He listened, and heard no one say, "Welcome, friend." But he was listening with his heart, and so he heard one other thing. He heard a man's life living inside that mine —living and living, and almost out.

Jonathan said, "Eben, if you were big, what would you do?"

And Eben said, "This is the darkest night of all."

Jonathan said it was.

And Eben said, "It is the shepherds who watch even the darkest nights, and so if I were a shepherd I would open my arms and try to count one more home. I would tote that timber inside, even though all the rats was gone. I think if I try I might grow up to be as strong as this."

And Jonathan said yes. He just thought Eben might.

Jonathan couldn't see the light burning on a man's head where he stood holding up the mountain. His arms were swollen and near to bursting, the veins as black and thick as young snakes, and still they hadn't given up. He had held it a piece longer than he thought any man could. For this was Christmas, and Christmas means hope.

Jonathan picked up the timber. It was heavy; he thought he never could carry it, but he did. He stepped into the mine. One step. Two steps. Three steps. He could follow the breathing. Suddenly the timber lightened and he placed it where a strangled voice told. It took the place of hands, and then they turned and ran. And in the low room it sounded like more than two were running, and then the sound was of the room falling. But they got out—Jonathan and the man.

Courage and strength and an unbent will—it was what the hill folk pleasured in. And Jonathan walked as proud as power away from them, as though he didn't know he was condemned.

And by and by Eben said, "All the lights are out but one."

They walked toward it. When they got to the cave they stopped to rest, and look round their home. The hills in snow. The snow years are the lovely years. They are the fairest ones of all. Jonathan could see his hills lying white and soft and new around him, the snow hiding any ugliness, as though it, too, were blind, and would remember only loveliness.

He said, "The night is old and cold, and all the lights are gone but one. Do you see, Eben, what we have done? We have put the lights out one by one. Do you understand what we have done?"

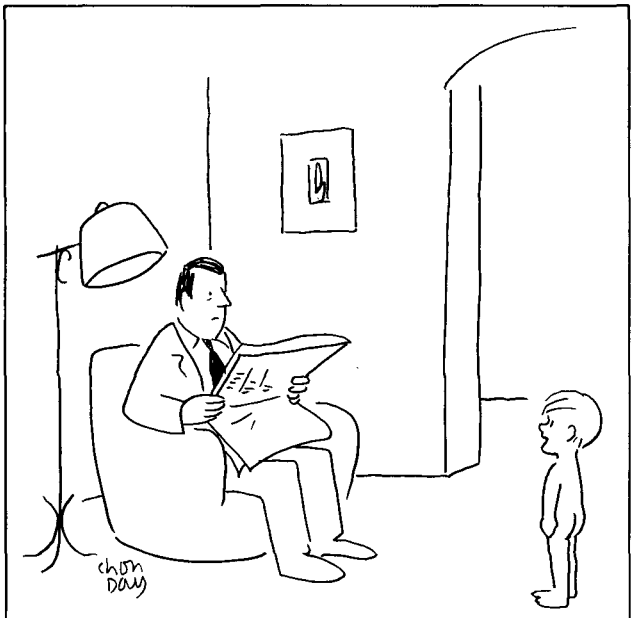
Eben stood very still. And finally he said, "A man don't need sheep to be a shepherd. That was how you named it—that sheep don't make a shepherd. A lamb of sticks and stones is enough, or even men, still he can watch the night and keep it safe." Eben punched the sacking and felt the wooden legs. "Maybe that's why the angels haven't come. Because they know we don't need sheep."

And Jonathan said it just could be. "Run ahead, Eben, and find why the last light burns."

Jonathan listened to him go, and maybe it was the rushing of his feet or maybe it was the winds, but it sounded like angel wings. And Jonathan smiled, and went inside the cave, where Mis' Loulie's sheep were sleeping. He had figured they were there. Mis' Loulie was not surprised the sheep were gone. She had said it was not the sheep that were lost, but the man. She said the thief stole what Jonathan didn't need. For Mis' Loulie was the thief. She had taken everything from him, so he might learn he had lost nothing at all.

It had pleasured her to let him figure it on his own. The collars were not cut, but only ripped, so they would be easy to mend. And Mis' Loulie had said she walked only as far as the cave. She had said it all, without saying it at all. And she knew he knew when he gave her the golden coin to buy the first sheep he had ever owned.

He found the least one. He gentled it, and laid it in the sacking where the lamb of sticks and stones had been. The little one squirmed once or twice, but it was a hand and a back it knew, and so it slept. And Jonathan went on



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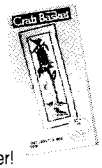

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walking toward the last light.

Eben met him on the trail. "It's old Orvis Dobbs who cannot get about. He's in there grieving all alone. He had it in heart to hear the Christmas Story; just once more he aimed to hear the Christmas Story. But he couldn't walk, and no one thought to carry him, for he's not a little child. He asked me to read, but I cannot read, and he cannot, and he is so old he has even forgot. He worries on it; he cannot die having forgot. Do you know the Christmas Story? Could you tell it to him?"

Jonathan hallooed the cabin, "Orvis Dobbs, it's me, Jonathan Deal! The one you killed without hanging him at all! Would you fancy to hear the Christmas Story from one who's lived so close to hell?"

And Orvis Dobbs answered, "I don't see how that could change the Christmas Story if you know it well! In heaven or in hell it is still the night when Christ was born! Only I've forgot just how it was!" His voice was made of years and tears, and a hopelessness.

Jonathan went and sat in the door because he could not shut away this night. And he laid the sacking beside him and gentled it close.

"Bring him the Bible, boy, and hold him the light," Orvis said, for that was the way the Christmas tale was read.

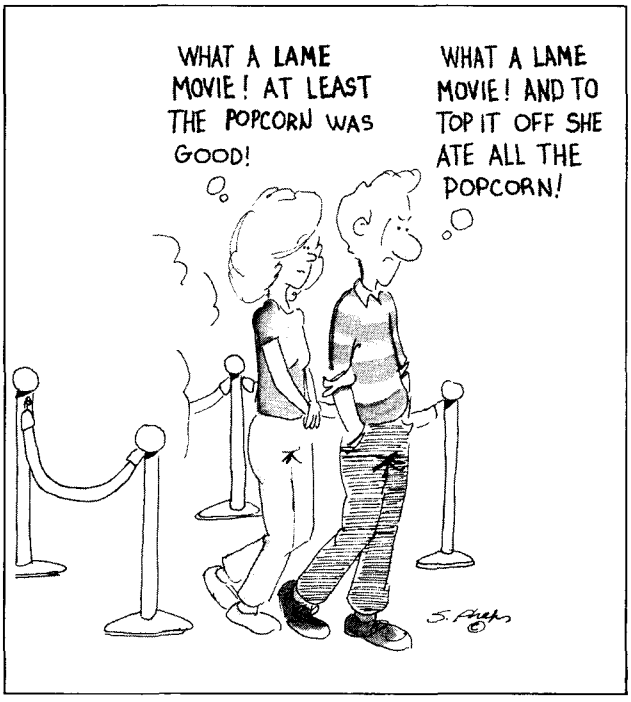
And Eben brought the Bible and laid it in Jonathan's lap. And he held the candle close, and wondered that it could be bright enough for blind men to see. He did not know how bright the light of words can be.

Jonathan Deal opened the Book and laid his hands upon it. And he waited. And by and by the words came to him:

"It was in Bethlehem, which means the House of Bread. Perhaps that is why that place was chose for the Bread of Life. And it was in the stables of the inn of Chimham—at least folk think it so. There was no wind in there, it was almost warm, for there were donkeys and cows and maybe a horse. Surely there was a dog and a cat and her kitlings. And there was friendship. It was a fine place to be born. For animals take delight in little children; no small doubt they gathered round and welcomed Him home."

He turned the page and held it close. And he waited. And the words came to him: "Only the shepherds who heard the angels tell knew just when the baby Christ was born. But they didn't write it down. Maybe they didn't know how to write. Yet, still it wasn't written down just then, not even by those who could write. And don't you see how important this is to you and me?"

He looked at the boy in the candlelight. He looked at the man chained to death. He listened to the swirling of the snow; it creaked as though the winds were coming one by one to sit down here and listen too.



And he said, "Is that you, winds?"

And the winds didn't answer yes or no.

But there was the boy, Eben, who said, "Why?" And there was Orvis Dobbs who said, "Why is it important they didn't write it down?"

"The angels said the Baby was the Son of God. But that didn't make Him so. That was why His birth wasn't writ down. For folk had to wait to see how it was He lived His life. Because what no man nor angel nor God nor devil says about a man makes it so, unless it is true within his heart. It don't make no never mind how you was born, nor what you was born to be, only how you live your gift of life. That is the Christmas Story, the way it seems to me. Mis' Loulie saw it—how I was told I was condemned, and I believed I was condemned. I was told I was an outcast, and shamed, and I would never again be free, and I hated the hills for making this of me. When they couldn't ever. Now I know I am no more than what I am within myself. No man is. No other man can make him so."

They sat there. And a boy with twigs for buttons and patches for clothes looked within himself, and saw a man of property. And a man near dead looked within himself, and saw life. And each sat a mite prouder, as though they had found a hope.

Jonathan Deal said, "There is one other thing: why the angels came to the shepherds. It wasn't because they were the only ones about. There were all those cities full of folk. And the shepherds were just little old specks in the night. It must have been hard to find them. But they did. Because the shepherds were keeping their part of the world at Peace. Maybe God thought Jesus belonged to them more than any other." Jonathan Deal closed the Book.

And the leaves as they fell made a feathering, and Eben said, "That sounds like angel wings flying close."

And Jonathan said, "Does it? I wonder. I wonder how many things we think are things, when they're really only angel wings."

Eben punched at the sacking. And the sacking bawled and jumped. It jumped right off the floor. Eben tore at the sacking, and a lamb jumped out, a real live lamb. It ran right into Eben's arms as though it were going home.

These are the things folk remember, for the years are remembered by the Christmas Story. And it is Jonathan's story that is not forgot. The one he told to Eben and Orvis Dobbs, and to the winds. The one the winds told all over the hills. For they weren't winds sitting out there in the falling snow; they were the mountain people.

Some knew about the woman alone and sick. Some about the cow that wouldn't eat. Some had seen the rats run out of the mine, and Jonathan go in. They all saw him walking in a land of enemies, yet walking as a friend.

continued on page 111

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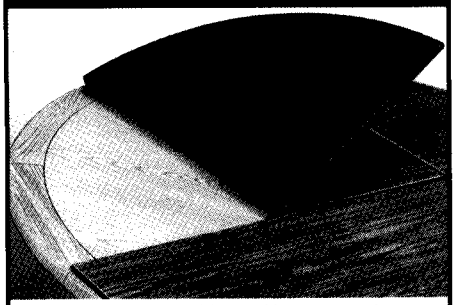

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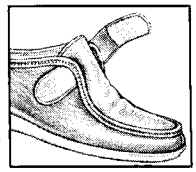

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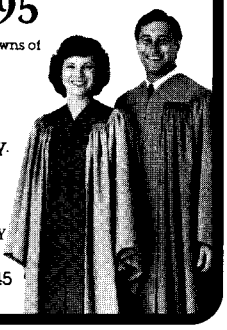

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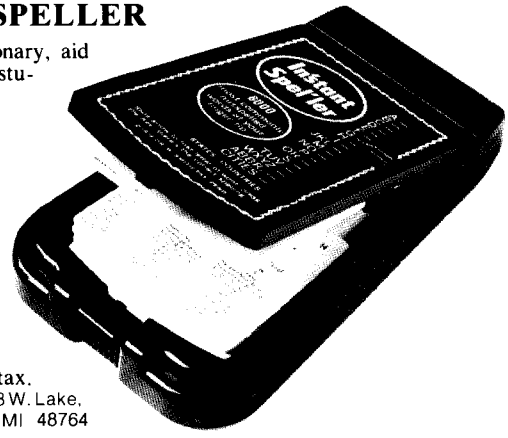

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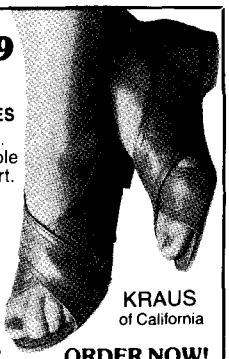

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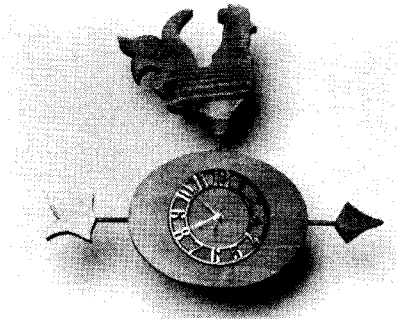

Country design and useful time keeper too! Solid wood and stained to a rich walnut finish. Quartz function requires one AA battery (not included). Sweep second hand and easy-to-read face; measures 17½" x 16". $29.95 plus $3.45 shpg. Holst, Inc., Dept. SPR-389, 1118 W. Lake, Box 370, Tawas City, MI 48764.

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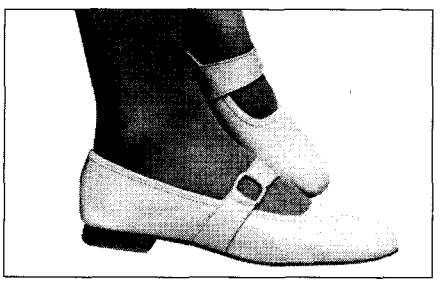

Elasticized collar and instep strap. Cushioned insole; ½" heel. White, black, red, bone, camel, navy. 7-10, 11N; 6-10, 11M,W. $23.99 pr. (reg. $29.99), 2 pr./$45.98. $2.50 p&h/1 pr., $3.50/2 pr., $4.25/3 pr. Guaranteed. Major cards. Old Pueblo Traders, Dept. FLR1S, Palo Verde at 34th, P.O. Box 27800, Tucson, AZ 85726.

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The extension mirror

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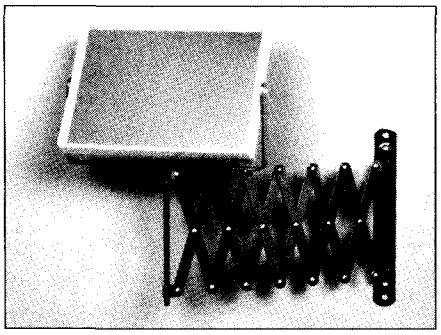
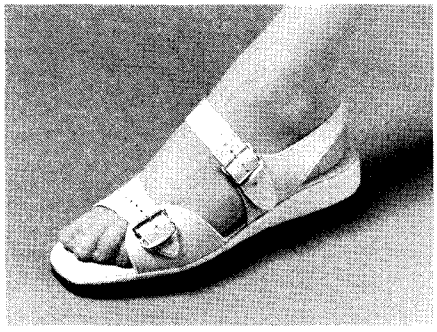


free. Two-sided mirror swivels. Extends 30″ from wall on seven extension arms. 6½″ x 8″ mirror. Folds flat; chrome-plated steel. $19.95 plus $3.45 shpg. Holst, Inc., Dept. SPM-389, 1118 W. Lake, Box 370, Tawas City, MI 48764.

Leather sandal by Beacons®



$19.99 (reg. $25.00). Cushiony insole, 1¼″ covered wedge heel. Made in U.S. White, black, beige, camel. Full & half sizes: 6-10, 11N; 5-10, 11M; 6-9, 10W. Add $2.50 p&h/1 pr., $3.50/2, $4.25/3. Guaranteed. Major cards. Old Pueblo Traders, Dept. FLR1R, Palo Verde at 34th, P.O. Box 27800, Tucson, AZ 85726.

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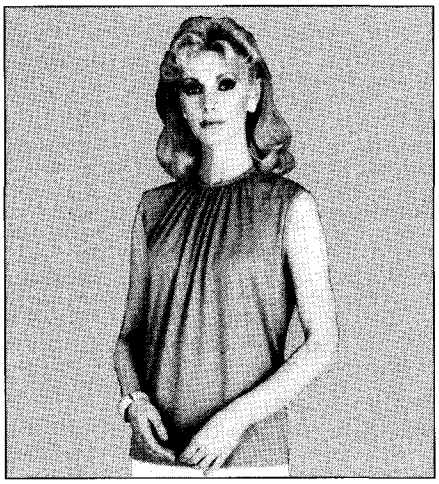
Softly shirred shells



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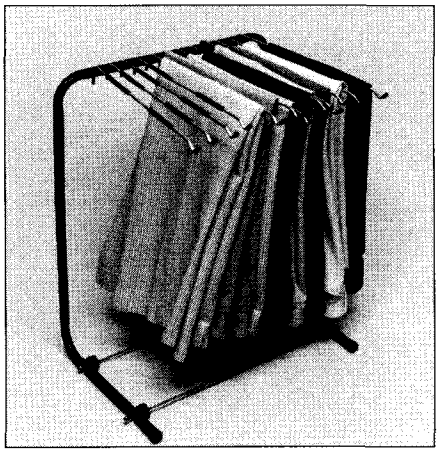

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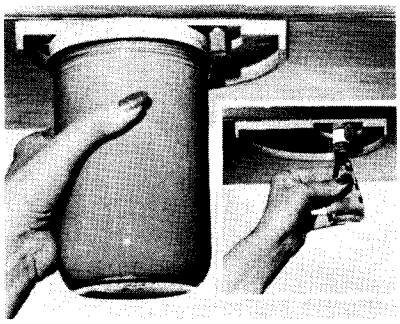

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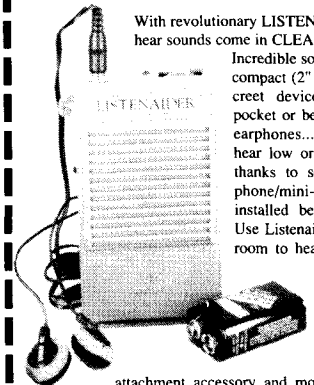

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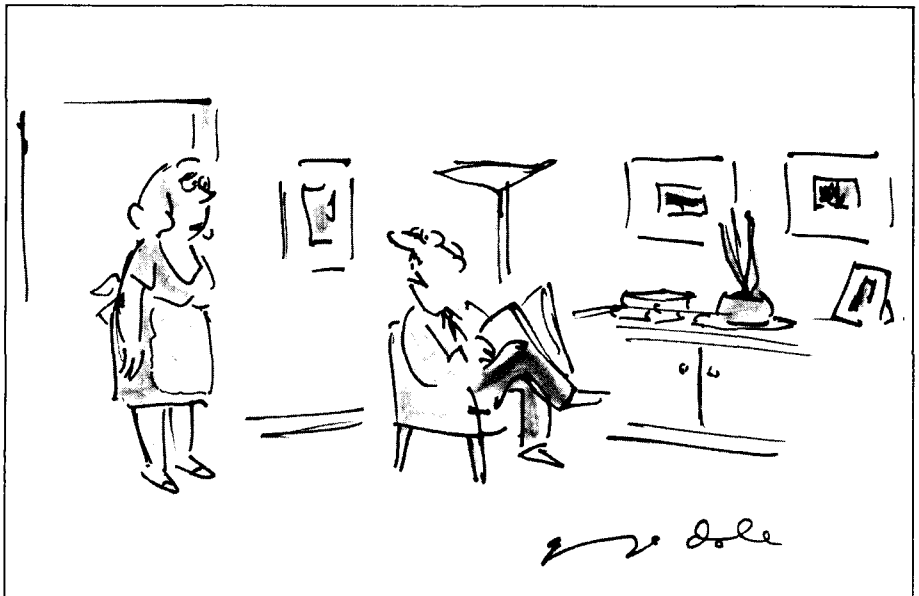

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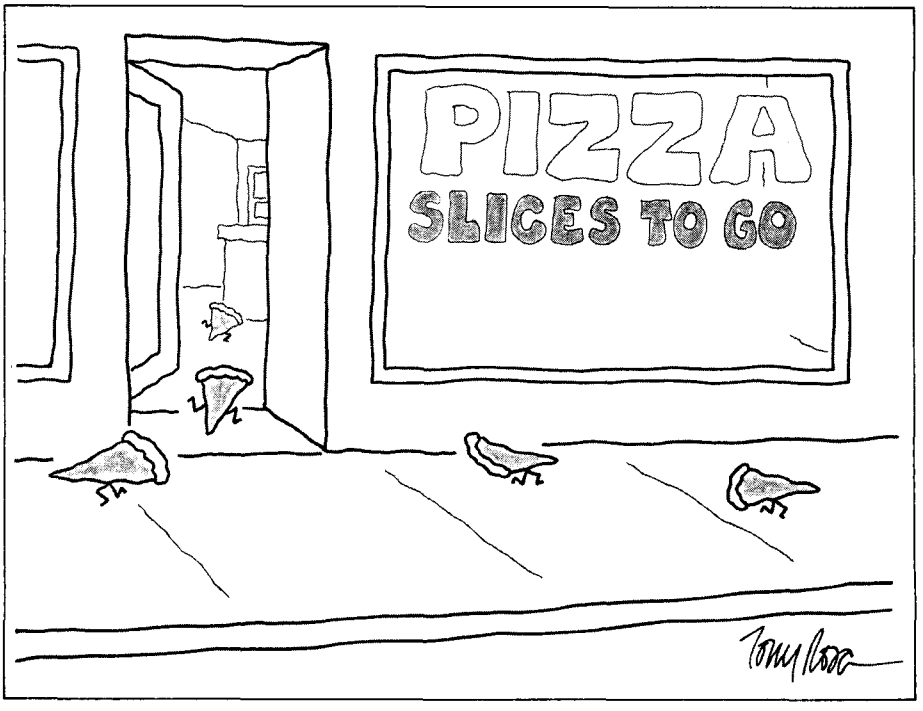

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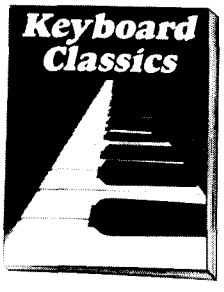
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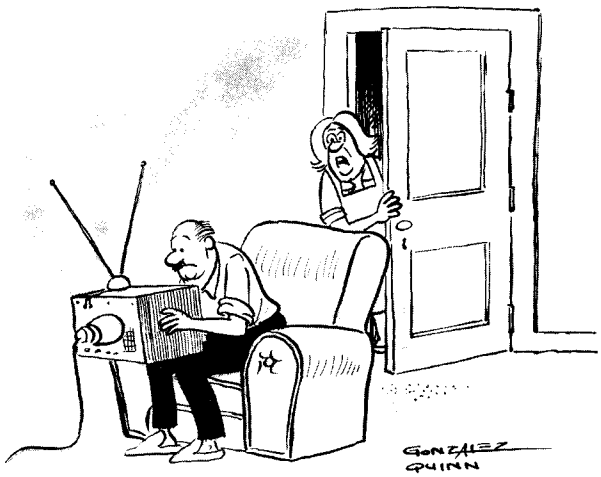

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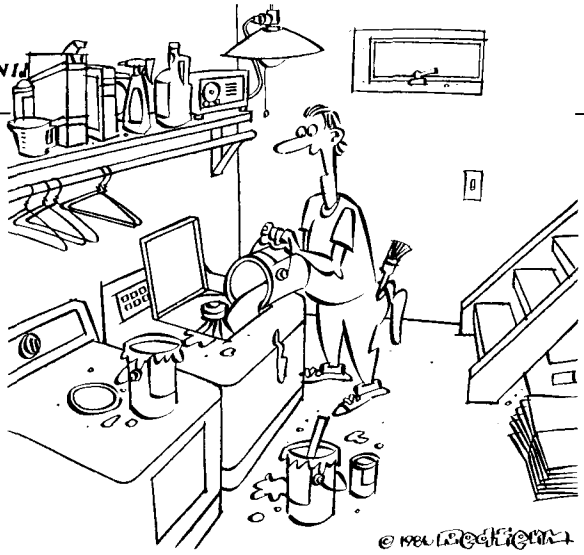
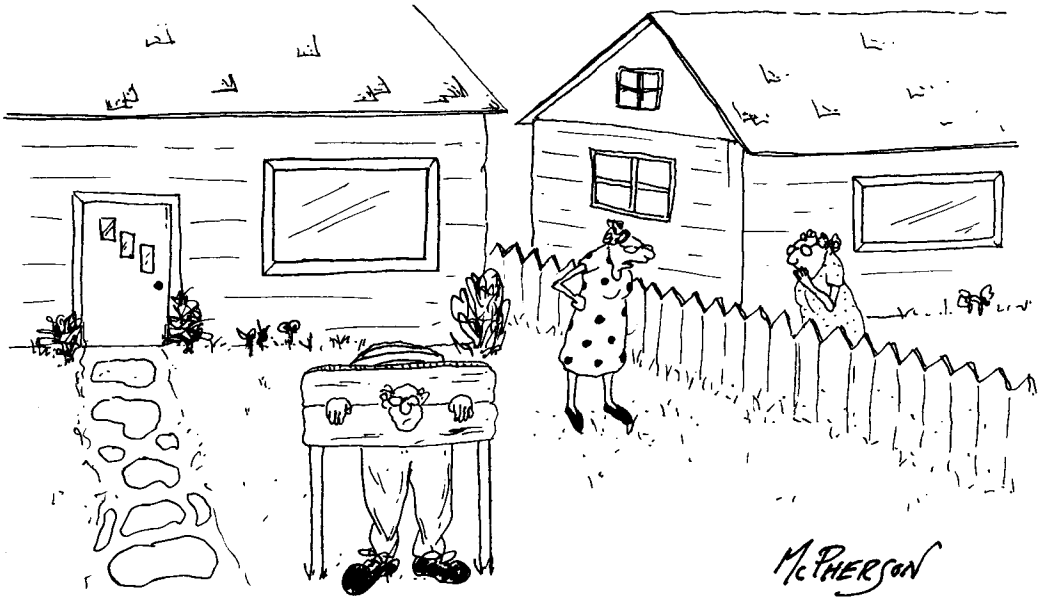


"I'm just down here mixing some paint, dear."

"Good heavens, Elwood. Is there something you haven't told me about?"



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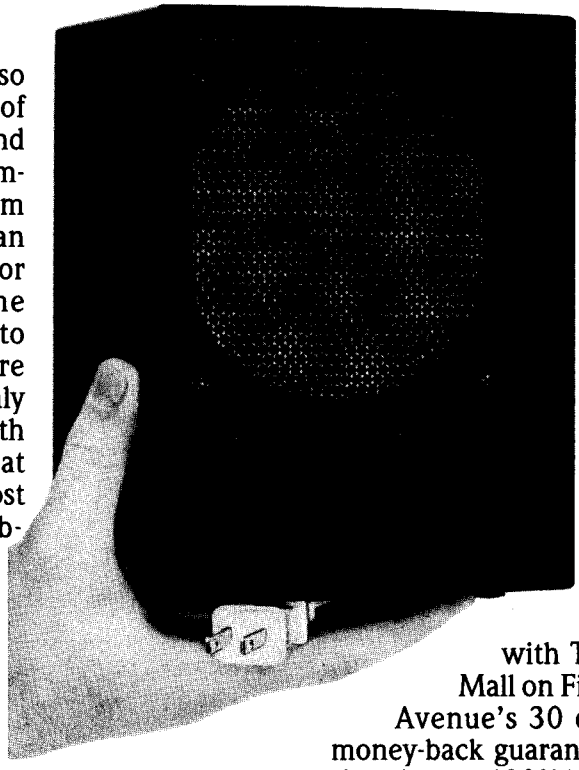

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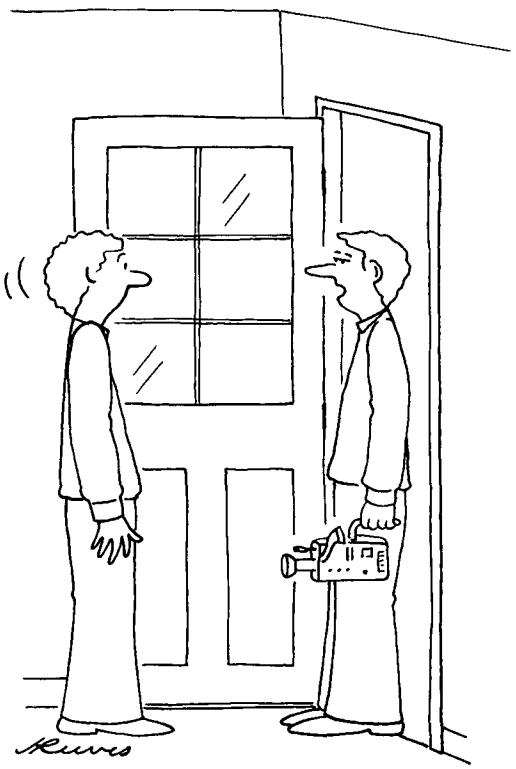

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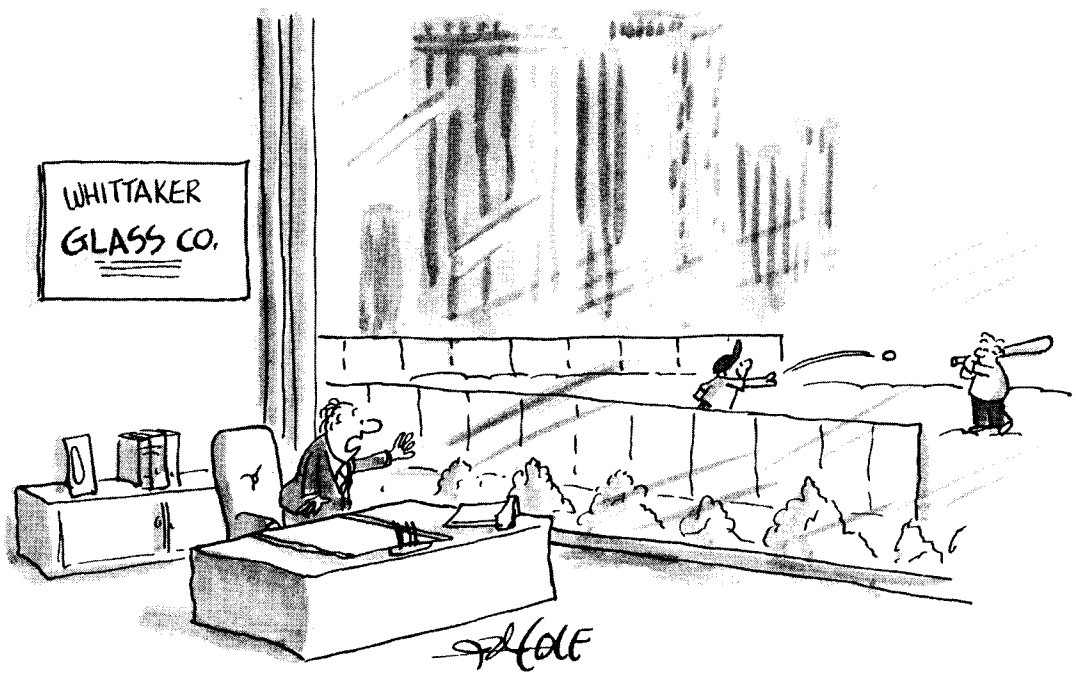

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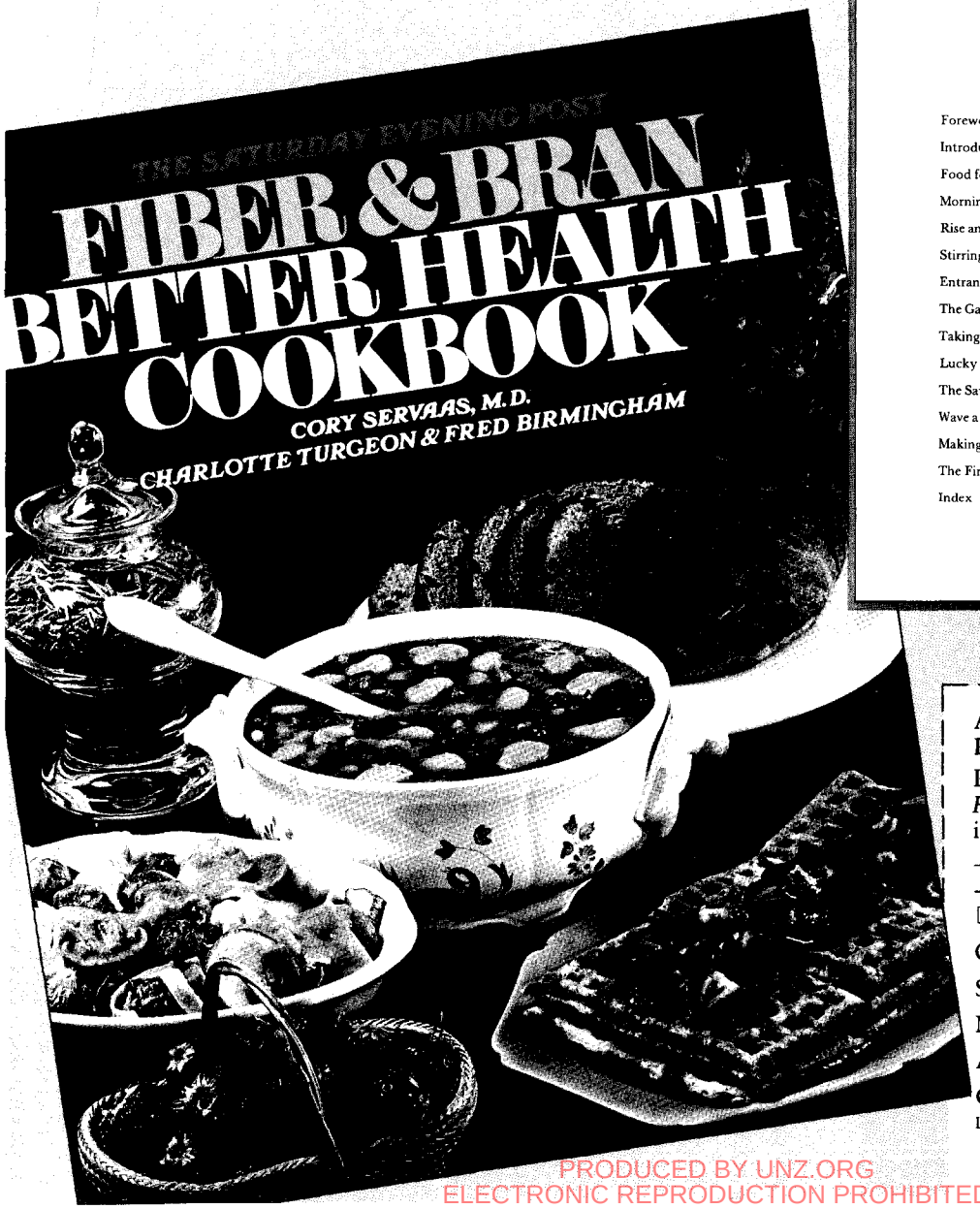

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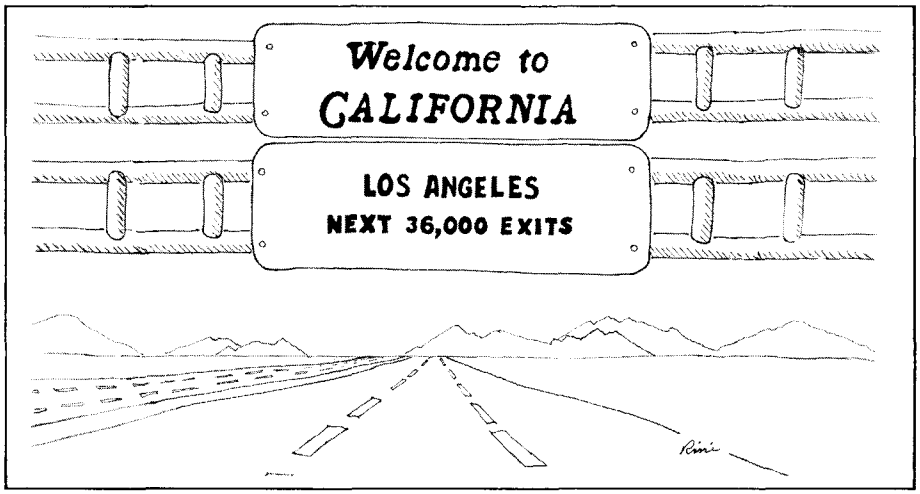

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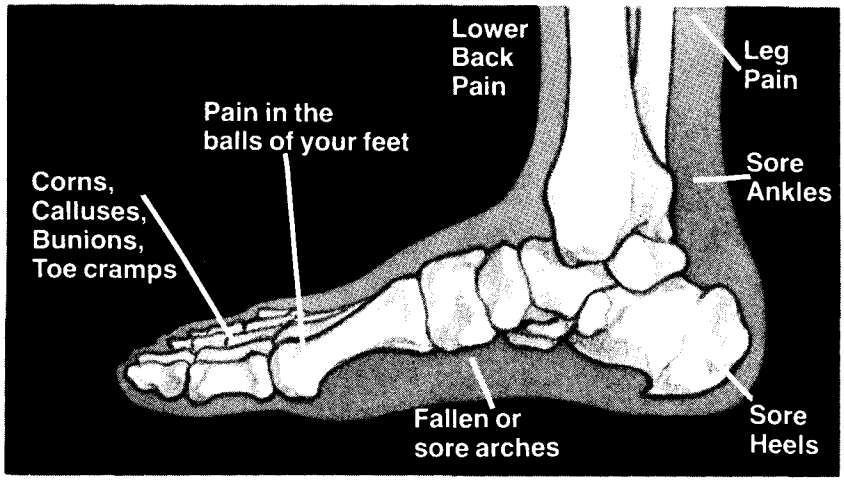
Foot Pain Is No Laughing Matter



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If you suffer from foot pain you know better than anyone it's ***no laughing matter!*** Especially when you have corns, calluses, pain in the balls of your feet, burning nerve endings, painful ankles, old injuries, backaches, or just plain sore, aching feet.

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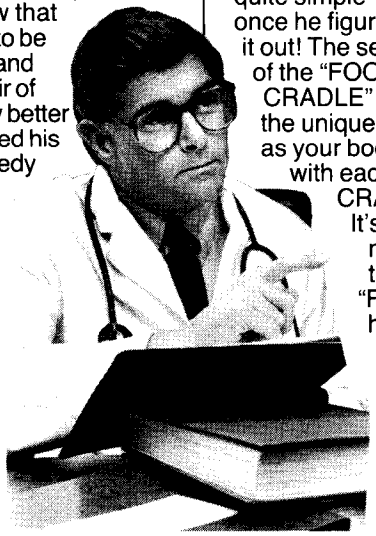

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SLOUCHING THROUGH AUSTRALIA

BY C.J. HADLEY

For almost 30 years I have wandered America, working at will as a swather operator, pig feeder, chauffeur, secretary, and snowmobile racer. I have built a kit car, tested the lunar rover, kissed Willie Nelson, and until I got thrown out of the Sacramento arena by a bull named Sixty-Six, I worked as a rodeo photographer. For three weeks in 1975 I thought I was a tuna fisherman, until I retched 21 pounds of my own viscera into the Pacific.

But nothing I had learned would help me or offer relief on my sweltering sortie into outback Australia.

What I understood about the country was indeed pathetic. I knew that Australia had been settled by English convicts 200 years ago. I knew that within her enormous girth were surfers and sailors, Aborigines, kangaroos, koalas, and crocodiles. I knew they spoke English. What I didn't know when I hit the trail to her blood Red Centre was that Ayers Rock and the Olgas were deposited on the landscape about 600 million years ago, and that Aboriginal dreamtime is the time of legends, a time long before time.

"December's hot and dry, full of flies, and we may not find water."

I had met Noel Fullerton, an Australian bushman, in Nevada in 1987. He was racing camels in Virginia City, and we talked about travel. He used to be a road train driver, his tractor pulling four long trailers full of supplies all over the outback; at least until the time he forgot 700 miles of a single trip because he was too drunk to think. Fortunately for the others on that same lonely bitumen, he gave up drinking and driving big rigs, preferring to cameleer in the

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Northern Territory.

Few Australians know the Territory as well as Fullerton; even fewer know as much about camels. For decades he has been catching wild dromedaries on the Angas Downs cattle station, then training them to race and ride. He took race teams to Alice Springs and to Bordertown in South Australia and won all the available trophies. Late last year, he traveled to the Middle East to discuss camel fodder with Dubai's royal family.

Today, the Fullertons, their offspring, and their in-laws have about 70 camels at Virginia Camel Farms, which sits close to the Hugh River about 60 miles south of Alice. There is a fluctuating number of workers and visitors that Noel calls "white, black, brown, and brindle." They run 14-day safaris "over the Ranges," week-long treks around Rainbow Valley, and for drop-ins and bus passengers, $2 rides around their enormous paddock. But almost anything can be arranged.

For most of his married life, Fullerton has been living camels and trying the patience of his dark-haired wife, Isabel. Fortunately for him, she is easygoing. "Come on in, mate," is her friendly greeting to almost anyone who shows up. "Have a drink and some dinner." But even though she seems to be a

My enormous beast was a pale arrogant gelding named Sandy.

slave to Noel (a position typical of many outback women), he would be in perpetual "dreamtime" without her. She doesn't mind that he looks and plays the part of a wild Territorian. She is proud of his flowing white beard, pigtail, bright blue eyes, and cocksure manner. She has heard a hundred times his well-rehearsed speech about camels:

"A dromedary is a one-humped camel," Fullerton states, with no desire for questions or conversation. "A bactrian has two humps. Contrary to popular belief, a camel's hump does not retain water, and he does not spit. He walks at three miles an hour and can live for 30 days without water. He is a cud-chewing mammal, so it is illegal to put a bit in his mouth. This is why we use a nose peg. We are trying to pass a law to put nose pegs on Australian women, and if we succeed, and if they behave, we'll give them 20 foot of rope. . . ."

• • •

When I placed my reservation for Camel Outback Safari's 14-day December trip, Fullerton said: "That's the bloody worst time of year to come. It's hot and dry, lots of flies, and we may not find any water." His brochure claimed the tour was ". . . for the moderately healthy." I was encouraged by that because, at 47 and slightly porky, I could vaguely claim that condition.

It was late November when I arrived in Alice Springs. Temperatures were hovering around 100, and the Todd River, which slices the town in half, was absolutely dry. In the bottom of its broad white belly, small groups of Aborigines sat in the shade of giant eucalyptuses, ignoring the tourists along with the heat and flies.

The bush town was interesting, because even though money from big city developers and designers has successfully eliminated most of her

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outback charm, they have not yet crushed her spirit. I stayed at the Diplomat downtown in a black-and-pink air-conditioned chamber with a wet bar, snacks, tea, coffee, and a whirlpool. My room was within spitting distance of the swimming pool, within walking distance of the Todd, Ford Center, and the Yeperenye Shopping Center (owned by Aborigines). It was close to the seat of government, tourist shops, supermarkets, several pubs, and native art stores. It was a mile from Lassater's Casino.

I stayed for a week, spending time with miners, barmaids, and ringers. I regretted later that the Alice Springs time was so short—but also that my American-style hotel preceded, instead of followed, the safari.

But, alas, the time had come. At seven in the morning on day one of the trek, an Israeli cameleer showed up at the gates of the Diplomat. He had matted hair and was driving an old VW bus with a Camel cigarette ad on the back window. After I got in, and without saying a word, he drove to another hotel to pick up a German civil servant. Juergen, 28 years old, was wearing a white shirt, jeans, and an Aussie "Aruba" hat. He said he was looking for "no civilization," and he carried a thermometer and an enormous supply of zinc ointment. From there we crossed the Todd to collect Catherine, an Ansett Airlines flight attendant from Sydney. At 24 years old, beautiful and blonde, she had a wide-brimmed straw hat and sunglasses in hand. "That's what they told me to bring," she said with a smile. A beautifully gentle and ironic image—now that I know what was to come.

• • •

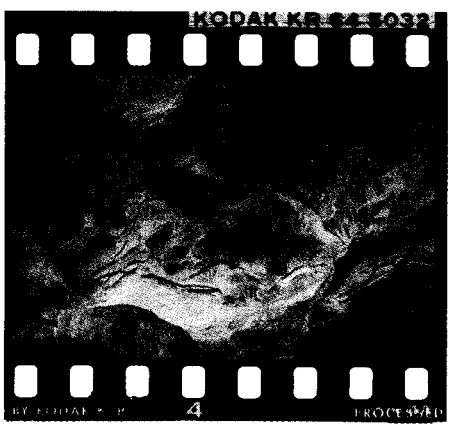
We headed south out of Alice as the day was getting hotter. Flies were buzzing in the VW and the air conditioning didn't work. When we got to the camel farm, we found corrals and gum trees, pink and gray parrots, and a bunch of trailers that made it look like an ancient KOA. Toilets and showers were outside, protected by plastic curtains that flapped shamelessly in the breeze. When the tour buses showed up on their way to Ayers Rock, refreshments were offered in a new A-frame shop, and young Aborigines took

We sat sidesaddle . . . we even stood on the sheepskin seats.

tourists for rides around the farm's front paddock.

After we had gulped down several glasses of lemon squash, we were introduced to our other safari companions. Pierot, 22, was a tall, dark lab technician of cheery nature who had driven up from rainy Melbourne specifically to find the sun. Gordon, a 39-year-old Scot, solid, bright, and articulate, used to run a Territorial newspaper in Katherine, "but I lost all my money, mate, so I'm working as a tour guide at Ayers Rock."

The workers included Willie, a 16-year-old Aborigine who seldom spoke, and Stevo, a tough and friendly 24-year-old ringer who was on leave from a Queensland cattle



Custodian marks at Scorpion Hole: "a sacred place in the old days."

station. The cook for the trip was a gaunt but amusing American engineer named Harry who played harmonica, and at 30, had just finished a job in Antarctica. Of course, Noel was chief camel handler and guide.

Five pack camels were heavily loaded with water, food, swags (Aussie bedrolls), medicine, and tarps, and with immense trepidation, a "Good luck," and a bright wave from Isabel, we took off toward the west. My enormous beast was a pale arrogant gelding named Sandy. I had been told he was once a fighting camel and had little sympathy for humans. But after two full years of training he "whooshed" down easily, and with a tremendous jolt and violent pitching fore and aft, he lurched upward when asked, until the ground was about 12 feet below my eyes. Sandy was to carry me and my belongings, plus a metal can of water that was always hot, for 300 miles across the bush.

• • •

The Northern Territory is so ancient that geological and climatic changes have created a profusion of wildlife and botany—which varies depending on whether it's in drought or flood. We lurched along the Hugh River, dry as usual, passing gulches, gulleys, and caves on either side of a wide green valley. Fullerton led us through the James Ranges, across Tidenvale Creek, to spend the night anyplace there was food for the camels.

As we slowly moved westward, Sandy would throw his big soft lips over a few thin branches and pull off all the leaves without missing a step. All day he munched as I jolted forward and back, slipping and sliding on sweat-soaked clothes, chafing everything that touched the sheepskin seat. Light in the outback is always peculiar. I watched the territory change, from the silvery green acacia thickets of the James Ranges to the vivid red and violet canyons of Finke Gorge. When the sun was close to the horizon, the colors changed from pink, blue, and purple to gold and a deep blazing orange. The sound was silence.

In 14 days we found water only three times, washing was outlawed in dry camps, and except for the scenery all days were much the same. We boiled the billy often,

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having tea at breakfast (at six), morning break (at ten), lunch (at two), and supper (after dark so the flies wouldn't take it all). Everything was packaged and canned but healthful, and it tasted better every day.

The days rolled by, as our pain and the country's beauty increased. We suffered mostly from heat. "G— d— it, mate," Gordon said on the third day. "I've got blisters on me arse and the buggers are about to burst!" And he wasn't alone. We sat sidesaddle, sometimes riding on our knees; for a while we stood on the sheepskin seats, all the time traveling onward.

We checked out some Aboriginal cave art at Scorpion Hole. "Those were custodian marks. It was a sacred place in the old days," Noel said. We stayed one night in Cocky's Camp, then crossed the Finke, which Noel reckoned is the oldest and driest river in the world. "When it's got water in it, it's quite spectacular." But it was spectacular anyway, white sand glowing beneath the pale green eucalyptuses. The sunlight bouncing off the high red walls of the canyon created unusual hues. I felt as if I were hanging in endless space, a pawn in a painting, which left me with an intense feeling of inadequacy.

Our trek continued across the bush, through endless dry river beds, across bright red sand dunes, past desert oak and spinifex. Noel pointed out bones from early native slaughters and explained the carcasses of a dozen wild horses: "They must have been drinking bad water, or been shot by cattlemen." We saw parrots, a giant perentie lizard, and signs of kangaroo, snake, scorpion, centipede, and dingo.

Boggy Hole was our first sight of water. It was the third day. The long, skinny lake on the Finke was rich with birds, popular with brumbies (wild horses), and close to where five valleys meet. It has never been known to go dry. "Attitudes definitely change on this trip," Pierot said. "I wouldn't have considered drinking water from anything other than a tap before, whereas now I absolutely revel in the fact that we get to drink green slimy water with tea leaves in it. You have to change your perspective

continued on page 90

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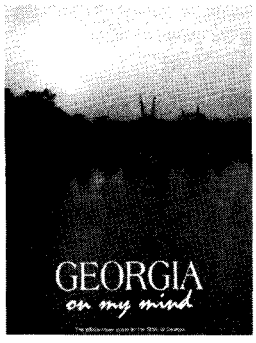

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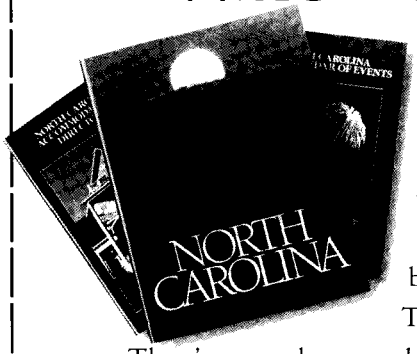

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DISNEY WORLD AND THE FOUR DWARFS

by Cheri Clark

Along the shore of Cape Canaveral, satellites and shuttles regularly make journeys into the stars. A little over an hour's drive away, millions of visitors a year discover another universe, a galaxy of fantasy and fun dominated by a familiar round-eared, pug-nosed silhouette: the chief inhabitant of Walt Disney World in Lake Buena Vista, Florida.

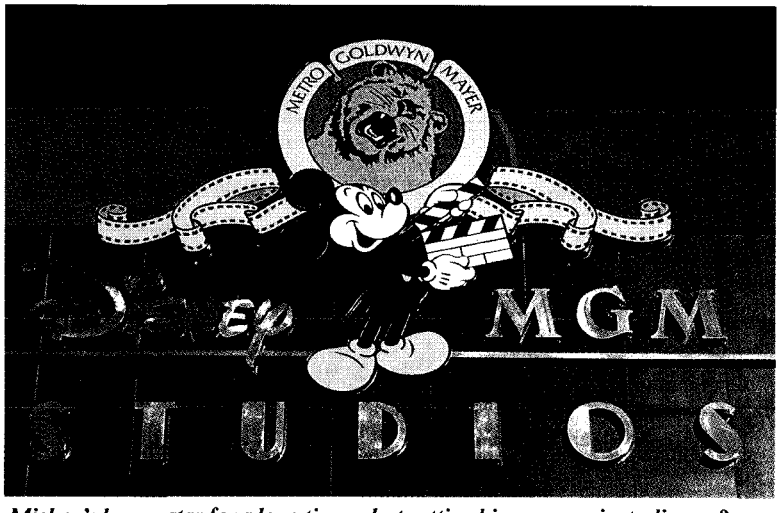
Led by Mickey's mighty Disney World, the Orlando area is unchallenged as the theme-park capital of the world. The Disney Company wasn't the first to launch an amusement park in the Orlando area; that honor goes to 53-year-old Cypress Gardens, which packages botanical gardens, a zoo, a waterski show, and an ice-skating revue. Disney World entered the scene in 1971 and soon generated a surplus of visitors seeking additional amusements during their multiday stays. In the next two decades, a big bang of growth launched several major theme parks in the Orlando area, including:

- Orlando's Sea World, part of the Harcourt Brace Jovanovich family of theme parks (along with Cypress Gardens and Boardwalk and Baseball), which features a variety of marine animals performing in themed shows.
- Boardwalk and Baseball (which replaced Circus World in early 1987), a mix of two all-American favorites: an amusement park and the world of baseball.
- Wet 'n Wild, at 25 acres, which currently claims the title of the world's largest water park.

Together, the five parks draw more than 28 million visitors each year.

Do these "satellite" parks merely orbit Disney's sun? The log for a voyager to Orlando, one park spokesperson told us, usually involves touching down at the sparkling Orlando airport on a Saturday; Sunday and Monday at the Magic Kingdom; Tuesday through Thursday visiting other attractions; and then maybe a return trip to Disney Friday. "When you have two kids in the back seat screaming to see Mickey Mouse, you do that first," she said. "Then you hit the other hot spots."

Parks work hard to get included on the Tuesday-Thursday schedules. For most that means a "constant state of change"—to use a favorite phrase of Disney World's founder. Disney World, in fact, keeps the other parks scrambling with an almost constant infusion of big ideas and big bucks.



Mickey's been a star for a long time—but getting his own movie studio . . . ? Maybe they'd better start calling him a supernova.

Such friendly but spirited competition is a bonanza for first-time and return visitors alike. Even the locals, many of whom are out in force visiting the parks each weekend, have trouble keeping up with all the new launches.

The newest of the Orlando theme parks, Boardwalk and Baseball has become an example of the constant state of change. Last year, B&B added a miniature taffy-and-fudge factory plus SuperSpoof, a parody of live TV game shows, while it dropped a western-rider show. This year, B&B continues to search for the right mix as it becomes the headquarters for the Royal Lippizan Stallion Show.

Sea World has doubled in size in the past five years. New concepts at Sea World are usually serendipitous, as when in 1985 Baby Shamu became the world's first killer whale to be born and thrive in the care of man.

Now, in the "Legend of Shamu," the newest baby Shamu, born November 4, swims by her mother's side as the family performs a living documentary of the killer whale and its relationship with the Killer Whale Clan of the Tlingit Indians in Alaska.

Cypress Gardens is the least change conscious of the Orlando-area parks. The park did open a new dining facility, the Crossroads Restaurant, in May 1988. In addition, "Air Dancin'!" featuring trampoline and trapeze acts, returned for a second Cypress Gardens engagement in December and will run through April 16.

New to Wet 'n Wild's repertoire of watery attractions are the Blue Niagra (two intertwined 300-foot tube slides) and the Bubble Up (a fountain-topped bubble that participants climb and then slide down).

Meanwhile, at the center of this amusement universe, Disney World is hardly lying back and basking in its own glow. The mouse king is going for a supernova.

Mickey's Birthdayland, the Magic Kingdom's new themeland, began a permanent stay last June in honor of the mouse's 60th birthday. Visitors celebrate with a tour of the star's home in Duckburg, a surprise birthday party thrown by Minnie, and a backstage visit with Mickey. In addition, Epcot Center added an 11th nation to its World Showcase—Norway,

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the Gateway to Scandinavia.

Disney World opened two hotels last year, the budget-priced Caribbean Beach Resort and the luxury-oriented Grand Floridian Beach Resort, which will eventually total 3,019 rooms.

The new Disney-MGM Studios is a Hollywood-class production studio that offers visitors a palm-lined recreation of Hollywood Boulevard; "The Great Movie Ride," which twists through scenes of film favorites; and behind-the-scenes tours of working wardrobe shops, shooting locations, and a special-effects simulation.

Upcoming in 1989: Typhoon Lagoon, a 50-acre water park (opening sometime in summer); Pleasure Island, a nighttime entertainment complex for adults (October); the Wonders of Life, the Epcot Future World's eighth pavilion, which explains the relationships humans have with their bodies (October); and, in the Magic Kingdom's Tommorrowland, Dreamflight, a ride through the history of aviation.

In fact, it may seem as if Disney is threatening to slowly squeeze out the satellite parks. Tom Brinkmoeller of Disney's publicity office scoffs at any suggestion that the park's latest moves are spurred by competition. Disney World is "under no gun," he says: the park is merely following a master plan originally laid out by Walt Disney himself. Unlike some of the smaller parks, which may be limited by size, budgets, and other more stringent controls, Disney's 17,000-plus unused acres allow for nearly unlimited expansion. Brinkmoeller asserts, "When you're Babe Ruth, you can go for the home run."

A home run that may head straight for the stars. Still, the other parks aren't worried. Janeen Dunbar, Wet 'n Wild's marketing manager, believes there's room for all the parks in Orlando's entertainment universe. "I don't think anyone is ever going to come down to this area and just do Disney," she says. "Disney does what Disney does very well. But you can't build a better water park than we do.

"All the attractions together having a market like we do is what brings in a record number of tourists," she says. "We work pretty well together. We all know that as long as we can keep our attractions and our names out there, we can bring people in for the central-Florida experience."

—with A. Hunter

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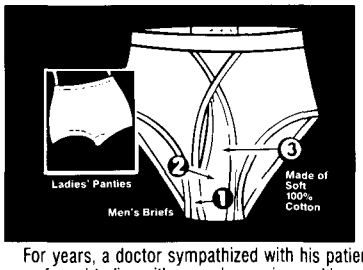

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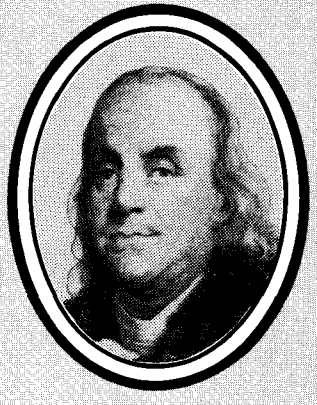
Another Great Discovery

While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.



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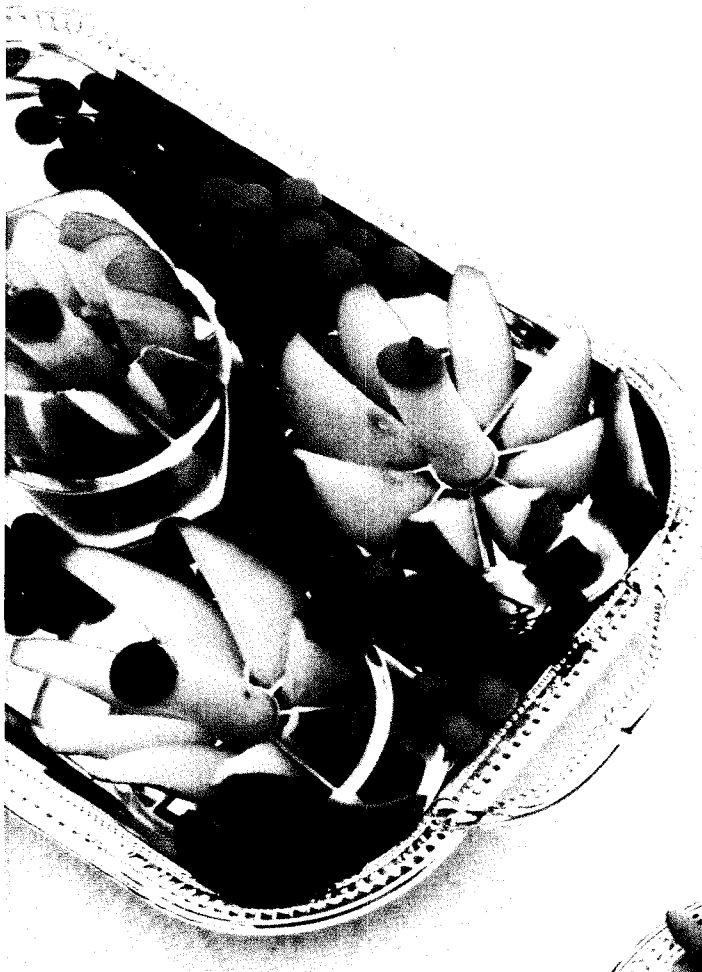
Getting to

Have Fun and Fiber Too!

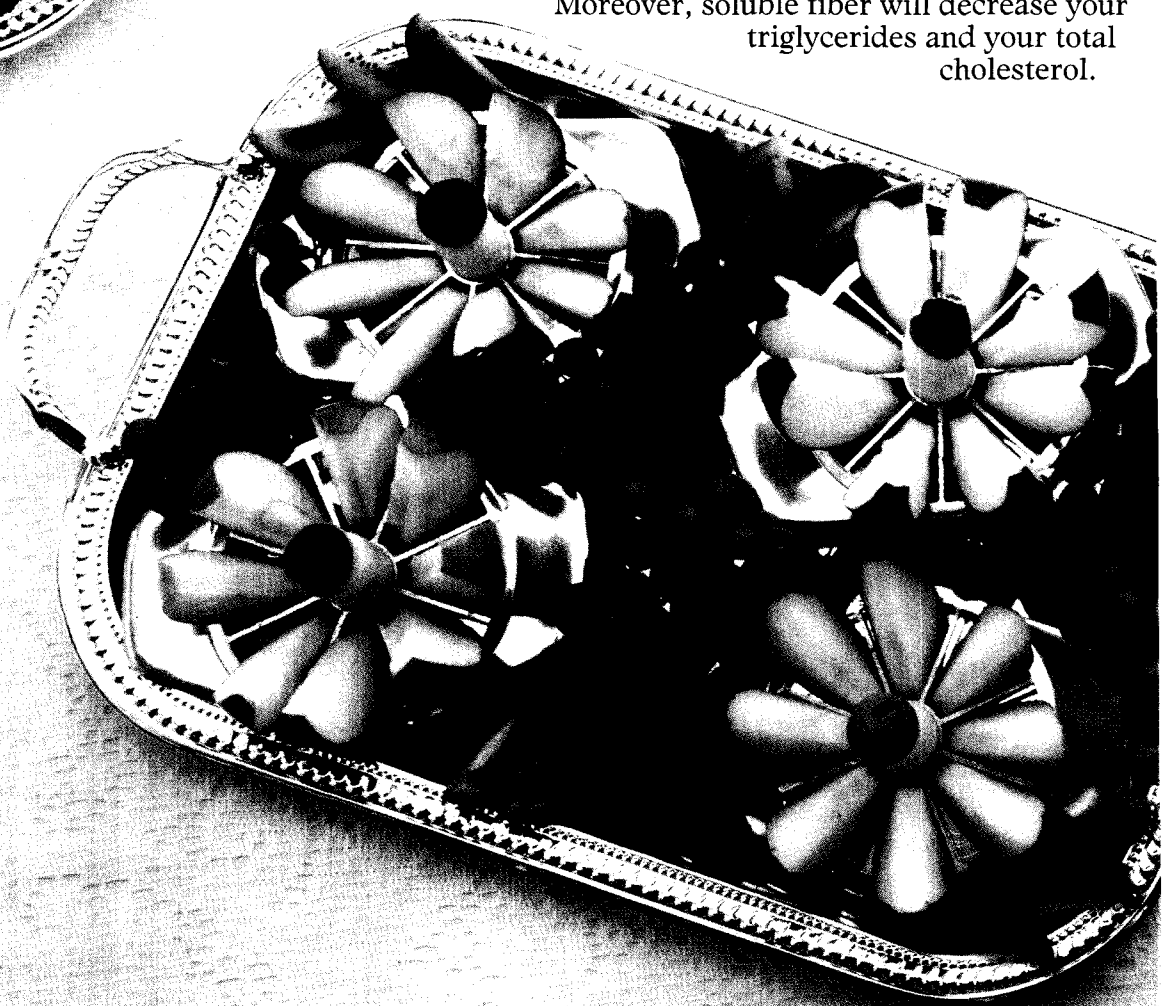


You already know the old saying "An apple a day keeps the doctor away." But is there any evidence to substantiate the old saying? Indeed, there is—plenty of evidence.

What you may not know is that there are two kinds of fiber—soluble and insoluble. The pectin in apples is mostly the soluble kind. And that is the kind that keeps your arteries from filling up with plaque which may one day bring on a stroke or a heart attack. It will happen because your think tank or your pump no longer gets enough oxygen to keep the cells alive.

We don't mean to be scaremongers. But it happens every day . . . every hour. And we don't want it to happen to *you*. As a Society member, we want you to have fun while increasing the soluble fiber in your diet. It's the soluble fiber, you see, that helps decrease the bad guys, the LDL (low-density lipoproteins) in your blood.

Moreover, soluble fiber will decrease your triglycerides and your total cholesterol.



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the Core of the Matter

If that isn't enough to ask of a fiber, it will also increase the desirable cholesterol that acts like a vacuum cleaner in your blood vessels, clears out the nasty LDL fat from vessel walls, and returns it to the liver for reprocessing. Pretty important function? You can say that again. But you can't win just by reading about it. Results require action. Think for a minute about your colleagues who have fallen victim to strokes or heart attacks, or your friends who have faced the dreaded verdict: "You need bypass surgery."

There's no need to put yourself at risk by neglecting your fiber action. It's one thing to *know* what to do, quite another to actually get yourself tested for your HDL-LDL cholesterol ratio. Such a test will reveal whether you are at very high risk, high risk, average risk, or below-average risk (the latter puts you in the protected range). You fit one of these categories . . . but it may be getting late, and do you know where your cholesterol is tonight?

If you think you don't have time for a checkup, can you possibly spare the time to eat that proverbial apple every day—or a handful of whole-wheat croutons? (See page 24.) Or a big bowl of oat bran, or maybe just a bowl of old-fashioned Quaker Oats?

We'd like to make it easier for you to eat that apple every day—to entice the whole family, in fact, to snack on apples, pears, or any other fruit that can be popped under the handy-dandy apple device that will core your Winesap, Bartlett, Elberta, or what have you, and turn them into pretty flower-shaped pedals of finger food when placed on the buffet table.

Along with your party apple gadget, you'll find a packet of vitamin C. The vitamin, as you may have guessed, is for keeping the apple nice and white, instead of turning brown, waiting for the party to begin. You simply dip the whole thing upside down in a bowl of water with the vitamin C poured in. You can also use the vitamin-enhanced water later to fortify the fruit punch or lemonade.

If you'll make a contribution to the Saturday Evening Post Society, we'll send you an apple-coring device and a packet of 100% pure vitamin C.

Your contribution will be used to continue our research into the causes and cures, as well as the prevention, of cancer and heart disease. So please mail in your check today, and have fun with fiber!

Fun with FIBER

YOURS FREE! With your contribution to The Saturday Evening Post Society, we'll send you a party apple device and a packet of 100% pure, sugar-fine vitamin C crystals.

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Australia

continued from page 85

and be grateful for what you've got because there's nothing else, pal."

From Boggy Hole we watched the territory change again and followed wild camel pads among the mulga bushes. The backs of the riders in front of me were smothered in flies, soaked with sweat. On one of the hottest days, around 120 degrees, Fullerton took us on a high noon walk up some rocky cliff to see a dozen handprints of more ancient Abos. Our suffering seemed to increase his energy and glee. There was a crevice in the rock, full of water. Noel pushed Catherine in. She churned up the bottom and got covered in black mud and leeches.

At that point I refused to walk anymore. I was shaking and swaying in the relentless sun, and everything I saw was sepia. My skin was dry, my fatigue absolute. On the way back to camp I fell asleep on my camel, and I awakened with blistered hands from holding on to the hot metal saddle frame. That night I was given a potion for heat stroke, which tasted of limes and obscure chemicals. "If you get dehydrated out here," I was told quite bluntly, "you can only live for eight hours. You should be drinking more water."

We rode up Initiation Rock, through the Amphitheater, where young native boys used to be circumcised. We passed the Oasis, then rode through Palm Valley, a peaceful and peculiar place in the outback filled with rare palms from another millennium.

It was drizzling rain when we crossed the Pound. We camped close to the remains of "a brumbie gone loco" surrounded by witchetty bush, home for the fat green witchetty grub—favored "tucker" for natives. It rained as we crossed the peaks of the Ranges. Dangerously slick for the soft, tractionless pads of the camels, the rocky trail we were following included four-foot drops.

"Keep your feet loose in the stirrups, and if the camel falls down, stay with him," Noel called back as he heard a camel slide. "He'll just go down on his knees, then stand back up again." But it sure didn't feel that easy. By the time we were off that treacherous cliff, we needed to boil the billy, so we sat in a

In 14 days we found water only three times. We boiled the billy often.

cavern and watched the rain beat down the mulga.

"The old German missionaries used to bring their camels down that trail through the Ranges in the early days," said Fullerton with a peculiar smile. "It was an original native track, but when it's raining it's the worst possible time to come through that part. . . . I'm surprised you all made it."

On another day we rode for a while, tied the camels to some acacia so they could eat, and then walked down a rocky gorge. It ended at a cliff that dropped down into a sienna pond, too deep to wade. We swam across the lake and walked to another deep and murky pool, then swam again. Then we continued down the ancient river bed until the rock disappeared beneath our feet. The drop was 40 feet, ending in a giant muddy pool surrounded by gum trees. "This is called the Reservoir," Noel told us. "There's always water here but it's usually sparkling clear. The only way down is to jump."

"I can't stand heights but the others all jumped," Catherine said, "so I just sort of closed my eyes and threw myself off."

During lunch, Noel told us more tales of murdered whites and slaughtered Abos. He showed us more sacred and ancient drawings. We drank endless cups of refreshing billy tea, bugs, slugs, and all. We returned via the cliffs to get back to the camels and camp.

One late afternoon we passed through Areyonga, an Aboriginal settlement in the Krichauff Ranges. While the handlers filled the water bottles, I gave rides around the town square to half-naked children. Many of them had sores on their bodies, much like the sores on their dogs. The houses built for them were empty, the natives preferring to live and sleep on the ground outside. But by this time we understood how they felt. There was a store run by a white man, and we bought ice cream, candy, popcorn, peanuts, and several cold sodas. Soon after that we felt so sick we wished we had stuck to canned Spam and veggies.

On the 13th day we took off for Wallara, our final destination. It was 47 miles, on our hottest day. Juergen's thermometer hit 120 and quit. Our rears were sore, our legs partly paralyzed. The water in our metal canteens was as hot as the day.

By the time we got to the Wallara Ranch Motel's saloon we were more than ready to quit. And I would have paid really big money for a shower. So I left Sandy in a big corral with his favorite tucker and took a motel unit. The door didn't work on the bathroom and the water dripped out of the shower head. The generator broke so the cooler was off for most of the night, and when it did come on the noise was deafening. That cost me $50; at least it smelled better than my swag.

But I missed the stars. I missed the haunting fragrance of the bush, the soft-padded sound of the camels. I missed the sight at dawn of the Australian outback, its reds and golds and greens. But most of all, I missed the cud-chewing, two-toed Sandy.

Legends were born in Aboriginal dreamtime. The natives' own dreaming is a personal, spiritual essence of all they have known, experienced, or heard told since birth. My dreamtime was of the Northern Territory. After only one night indoors, the edges of that relentless trek through the outback were softened, and my fondest and most powerful memories became her endless space, her eerie colors, her precious plants and fauna.

Dreamtime had finally overshadowed the dirt and pain. Dreamtime had helped to finally understand the powerful essence of that splendid and forsaken place. ★

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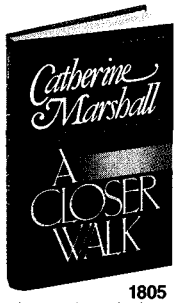

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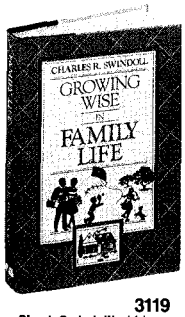

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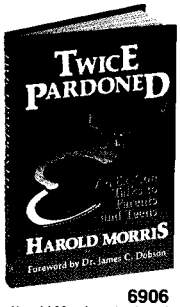

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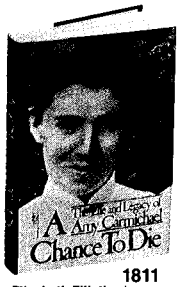

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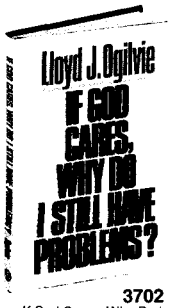

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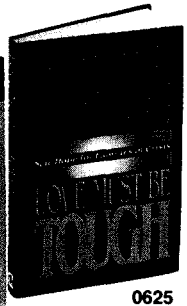

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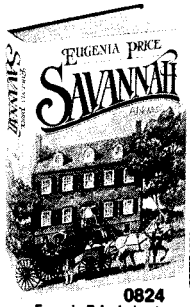

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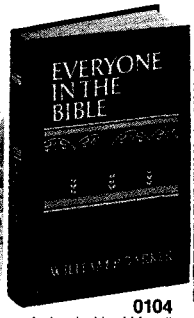

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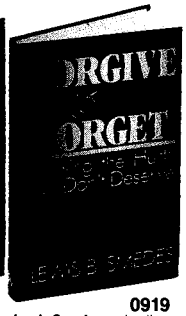

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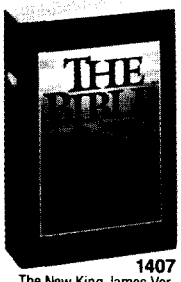

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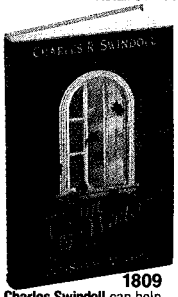

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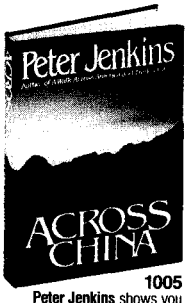

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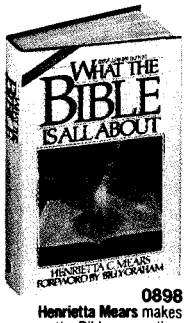

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Beating Heart Disease

continued from page 29

Then I can look at that without even checking their urine or anything else, and I can tell these people what they're doing.

We had a young man who was a typical weight lifter who came in the other day. He's about 25 years of age, about 5 '9", 240. His total cholesterol was 350 and his HDL was 7. He had a ratio of 50.2. The ratio should be less than 4.6. I would love to have known if [the Olympic contender] Ben Johnson had any blood studies done. I would love to have known what his HDL cholesterol was. I'll make you a bet it was low, because anabolic steroids seem to be the worst offender of all to lower the HDL cholesterol.

Post: What about some of the new drugs, such as Mevacor, to lower cholesterol?

Dr. Cooper: We're one of the testing sites for Merck Sharp and Dohme in the longitudinal studies to see if there are any side effects from Mevacor. I use Mevacor quite regularly now, but I use it only on patients who have had bypass surgery, who have had heart attacks, and are not responding to anything else. My best success is when a person will respond to a 20 mg tablet taken at night. Theoretically, you should take it right before you go to bed because that tends to slow down the production of the LDL cholesterol that occurs about 3:00 a.m. That's when the body produces most of its LDL cholesterol. That's what the people at the University of Texas Southwestern Medical School tell us.

Post: And that's why most heart attacks come at 4:00 a.m.?

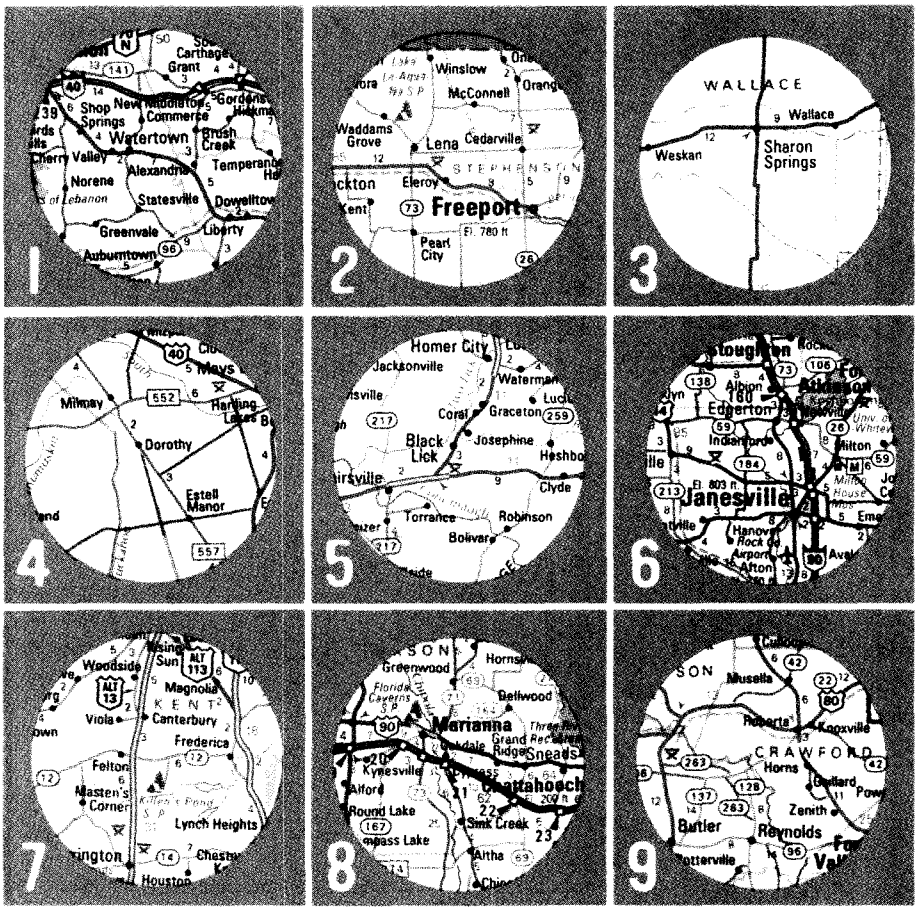
Dr. Cooper: That's right. There may be a relationship, but again their recommendation is to take a 20 mg tablet right before you go to bed at night. So five to six hours later you still have that effect. We've found a lot of people can't take it that way because of gastric distress, so they take it at the evening meal. I'm finding just about as good a result in the total lowering of the cholesterol, including the HDL, if you take one at the evening meal.

Post: Do you use niacin?

Dr. Cooper: We've got to be careful about niacin because there are questions about Robert Kowalski's book [*The Eight-Week Cholesterol Cure*]. I've heard there have been problems because he really plays down the harmful side effects of niacin by saying it only causes skin rashes and flushing. I've noticed in later editions of his book that he really cut way down in recommending niacin. I could have told you that 15 years ago. I've been using niacin for that period of time. It works in some cases, but you've got to follow patients at least at six-week intervals, because a certain number will develop severe liver problems in conjunction with it. I've hospitalized at least six patients as a result of niacin problems.

Post: Getting back to diet for lowering cholesterol: we have a friend who after triple bypass surgery is trying to stay on the Pritikin diet.

Dr. Cooper: You don't have to be that restrictive, we're discovering. We have a Saudi Arabian princess coming over soon who is about 100 pounds overweight. She's going to spend three months with us expressly to get that 100 pounds off. Now, whether we can do that or not —whether it's appropriate or not— only time will tell, but I'm delighted that she selected our center. I feel our programs are more realistic, because you can stick with them once you get down to the desired level. We still work at 60, 15, and 25; that's where we get our best results. That's 60 percent complex carbohydrates, 15 percent protein, and 25 percent fat, and that along with 100 to 300 mg of cholesterol. We find that we can lower the cholesterol by 13 percent in a period of 13 days and lower tri-



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 109)

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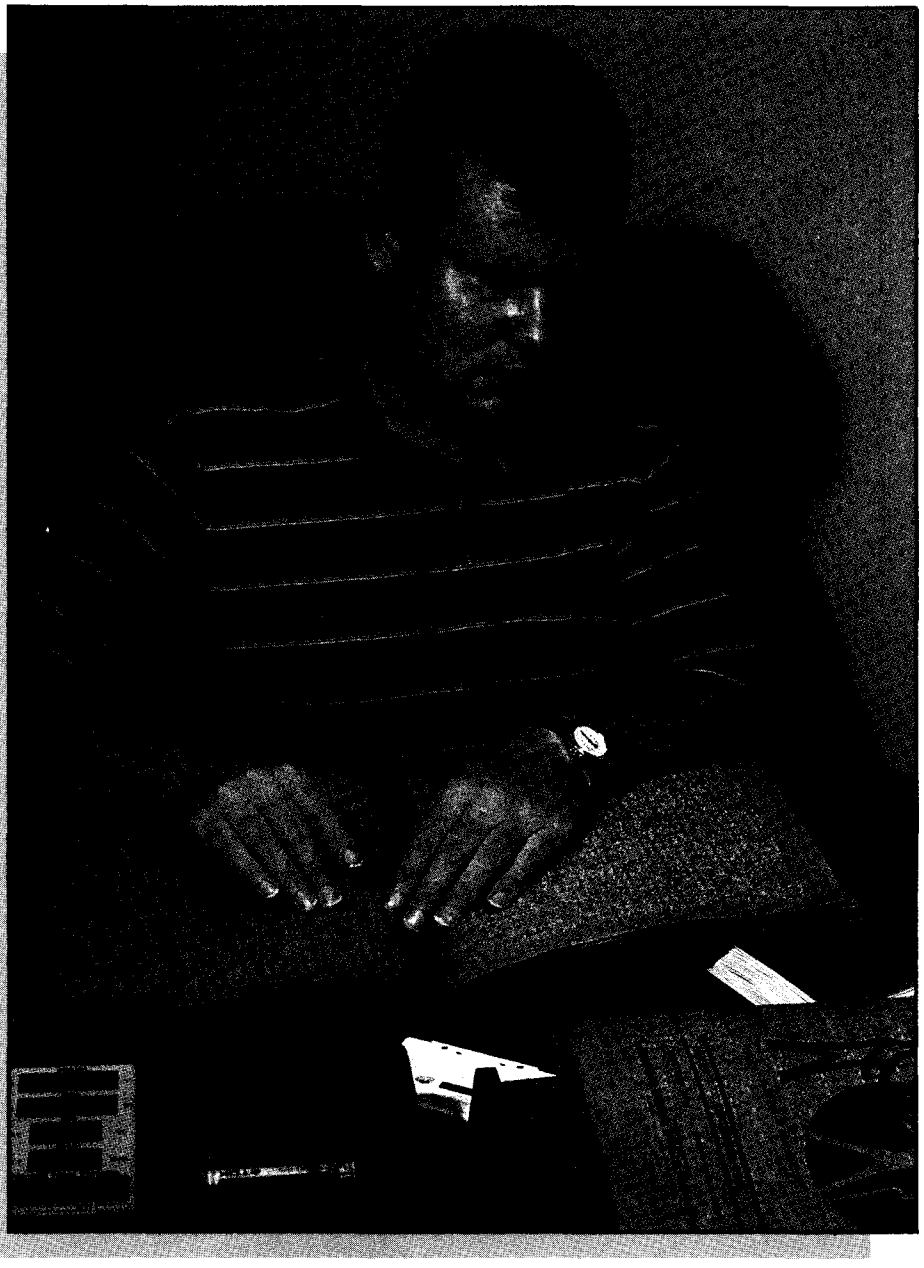

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glycerides about 20 percent in 13 days. It works faster because the people are here in residence. So if you look at our statistics compared to the Pritikin statistics in response to an in-residence program, I will bet our statistics are equally good and in some cases better, yet we don't have that high triglyceride elevation because of that 80 percent complex carbohydrate they use in the basic Pritikin diet. We try to give our people a program that they can live with from now on.

Post: Twenty-five percent fat is acceptable in a low-cholesterol diet?

Dr. Cooper: Yes, if you have it divided roughly into thirds: one-third mono, one-third poly, and one-third saturated fat. That's the secret. If it was all 25 percent saturated fat you couldn't do it, but you've got to evenly distribute among the three fats.

Post: The automatic finger-prick tests for cholesterol may not be completely accurate. What do you recommend for people who test over 200 on one of these?

Dr. Cooper: Those results can be plus or minus about 10 percent. If you test 250 that means you could be 275 or 225, which is still too high. But if you go less than 200 I am satisfied. Even with a finger-stick test, that is fine. Don't worry about fractionating it [breaking cholesterol down into types]. If you are 200 to 240, you ought to get it repeated, and if it is closer to 240, then you probably should get it repeated in a standard lab. Don't use a finger stick. But the first thing, if it is 200 to 240, go back and get a finger stick the second time; that is the cheapest way. If the second one comes out close to 200, I would not worry about it. Now if it's above 240, and if the repeat is above 240, by all means, it will need to be fractionated because you might find as I did today—a woman had a cholesterol of 225 but she had an HDL of 88. She had a ratio of 3.2 or so. That is fine, because the best predictors, I am convinced, of future coronary events are the HDLs and the total cholesterol, plus the ratio of those two. So I encouraged that woman by telling her that her cholesterol elevation, which seemed to be elevated, really was not that important because of the primary HDL elevation. So what you need to do is raise the HDL.

Post: Could you tell us what is new in your research beyond your work with HDL?

Dr. Cooper: One thing you might be interested in is a new book in my preventive-medicine series that will be out early this year. It is on preventing osteoporosis. I am really excited about that. American women in particular are developing osteoporosis symptoms because we are getting so concerned about cholesterol that we are throwing the baby out with the bathwater.

Post: You are referring to the lack of calcium.

Dr. Cooper: Yes, we are getting a deficiency in calcium. I suspect this will increase dramatically. The average woman who comes to our clinic is consuming no more than 400 mg of calcium per day, not far off the national average. To get through the

Can you name this picture?

. . .***contest:*** $100 to the author of the winning caption for this picture. Your entry can be from a "one-liner" up to a limerick of five lines. Send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8″ x 10″ photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by March 13, 1989.

Our congratulations and a check for $100 go to Ida Shrout, Sun City, Arizona, for the winning entry in our September 1988 caption contest.

This survey we cows must annul,
It means houses and no grass to pull.
We'll protect this bad act,
Keep our meadows intact,
For to build here is just so much bull.

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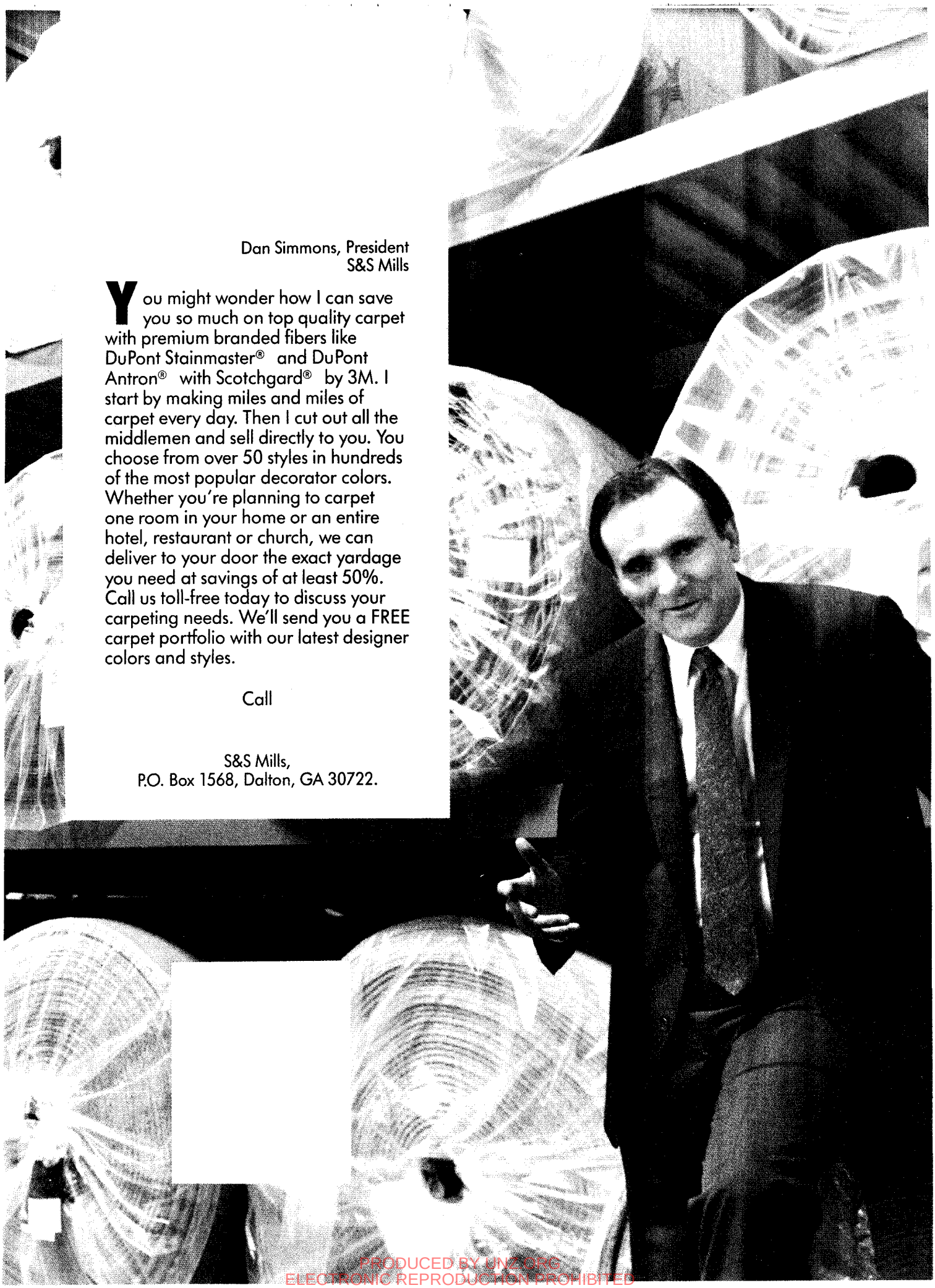

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menopause, women need 1,500 mg per day. This discrepancy is bound to establish osteoporosis in the future.

Post: What is the best kind of calcium supplement?

Dr. Cooper: Citracal. That is the one developed by Dr. Charles Pak in the University of Texas Southwestern Medical School.

Post: Pak says some people get gas from calcium carbonate and those persons have no further problems if they change to calcium citrate.

Dr. Cooper: Well, you have to accept the fact that calcium in foods is a lot easier and better absorbed than the calcium in any kind of supplement, Citracal or otherwise.

Post: We understand that calcium doesn't deposit correctly unless the magnesium is in proper balance. What do you think about Slow-Mag? We heard a lot of discussion about it at the American Heart Association meeting.

Dr. Cooper: For years, as you may know, I have suspected a relationship between cardiac irritability and magnesium deficiency. We talked about this first in our studies years ago on the Boston marathoners. We found that after the 24- or 26-mile run, they were deficient in magnesium. They were not lacking in blood sugar, but there was a loss in magnesium through sweat, and in the past we had thought that magnesium was lost primarily through the stools.

Post: I remember that you had a man pass out in your clinic.

Dr. Cooper: Yes, we had to defibrillate, and the man had a low magnesium. Boy, do you have a good memory! He's still alive and doing well. That was about 12 or 13 years ago. He had been in a marathon in California the day before, and we theorized at the time that he might have become magnesium deficient, stressing his muscles during the marathon. The lights were out. We were showing a film. We didn't know just how long he had been passed out. When they turned the lights on, he was stooped over on his desk, slumped over in his chair. We defibrillated him. It was the only time we've used a defibrillator on our premises. When he came to we assumed he'd had a coronary, but we couldn't ever find any of the enzyme changes or any evidence whatsoever of a coronary. The only thing we ever found was that he'd become magnesium-depleted.

Post: That Americans are finally getting interested in preventing heart attacks through diet and exercise must be exciting for you. But what about the rest of the world?

Dr. Cooper: Our work is so international. I just got back from 17 days in Europe. We are establishing a very good relationship with the Polish government. Even the Communist government is trying to get the preventive medicine program going there. Poland has had a 36 percent increase in deaths from heart attacks in the last ten years. We were there for the first time at the invitation of a young physician from southeast Poland, a place called Ustron. The people were so enthusiastic about what we are doing and what has happened here that they immediately made arrangements for one of their doctors to come back and spend ten days with us. He'd never been out of the country before. We are going to have him come back with his wife and will train him in our concepts and ideas.

So the door to Poland is wide open to us, but that is true all over the world. I spoke at the medical school in Beijing, China, last summer, and I met with the people in Shanghai. As a result, we are getting all sorts of requests to work with the Chinese, wanting us to translate my books, to come back and do some national screening.

Post: That's exciting.

Dr. Cooper: It's intriguing. I have such a burning desire to get this program going. And it *is* moving. I think that, literally, we have just scratched the surface.

You be the Judge

By GERALD I. RALYA

Although Lester's car stalled and had to be pushed by another vehicle, he steered it happily. His happiness was induced by inebriation. His joy disappeared when police arrested him and charged him with driving while intoxicated.

"I wasn't driving," Lester insisted through his attorney. "All I was doing was steering, so this driving charge ought to be thrown out."

"Lester was at the wheel in an intoxicated condition, regardless of whether his engine or another propelled his car," the prosecutor countered.

If you were the judge, would you hold Lester guilty?

Guilty. The court ruled that the law against drunken driving is intended to protect the public against inebriates behind the wheel, no matter what propels their cars.

(Based upon a 1954 Tennessee case.)

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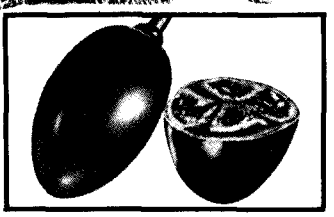

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MEDICAL MAILBOX

by Cory SerVaas M.D.

Everybody is ignorant, only on different subjects.
—Will Rogers

Double-Lung Transplant

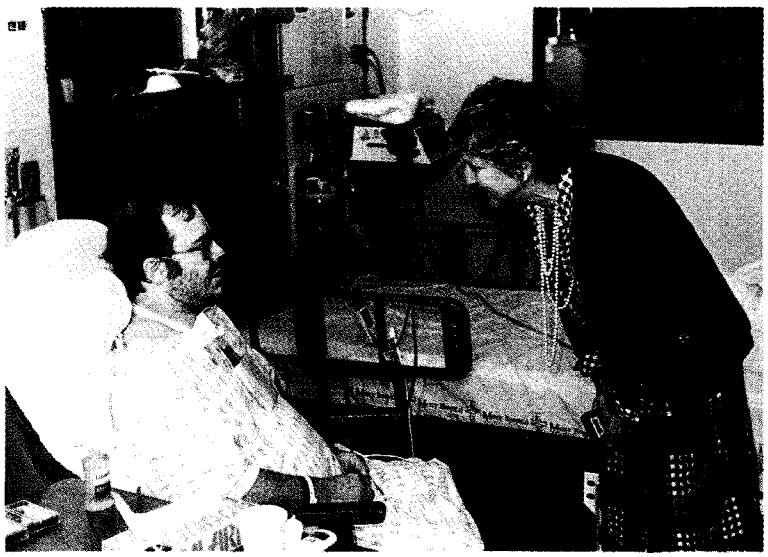
Dear Dr. SerVaas:

In the September 1988 issue of *The Saturday Evening Post*, there is a letter reprinted from Patsy Ruff of Prattville, Alabama. In her letter to you she comments on having had a very successful double-lung transplant performed at the Toronto General Hospital, by a Dr. Joel Cooper.

Such a procedure interests me very much. I am a 65-year-old male who was diagnosed as having COPD (chronic obstructive pulmonary disease) four years ago. I was forced to retire three years ago, and today I suffer very severe shortness of breath with the slightest exertion. I am taking the usual medication and have to use supplemental oxygen 24 hours per day.

Any information that you can supply regarding the availability of such a procedure will be greatly appreciated.

Herbert R. Miller
Yucaipa, California



With tears in his eyes, Bert McMahill told us: "If it weren't for the family of the lung donor, my son would be in a single-parent home in less than two years. And now, God willing, and thanks to the donor, I've been given a second chance at life. How could I ever thank them?"

I'm sending a previous article, "Let's Hear It for Lungs" (May/June '85 *SatEvePost*), which tells about Tom Hall and others who can play tennis or dance and are experiencing a good quality of life after a double-lung transplant. I hope this article will give you encouragement.

Dr. Joel Cooper is now at Barnes Hospital, St. Louis, Missouri. He and his team did the double-lung transplants for Patsy Ruff and the others mentioned in the article. He worked at Toronto General Hospital at the time the transplants were performed. Dr. Cooper's lung-transplant program in St. Louis can be reached at 314-362-5378.

You should also be interested in a visit we made this month to the Mercy Hospital in Des Moines, Iowa, where Bert McMahill just had a successful lung transplant. You could write to Bert McMahill; he would, I'm sure, encourage you to start planning a double-lung transplant.

He told us: "Before my transplant I had approximately a year and a half and at the outside two years to raise a six-year-old son to manhood. Now, I might see him graduate from high school, I might see him graduate from college, but whatever time, it's *given* me, since it's more than I had. I know that giving an organ is a difficult decision for people. But so much life can be bought from one death. I think four and possibly five people are alive today because of the tragic death of one man. To really be able to give life to someone—it's almost unimaginable. I couldn't possibly know how to thank these people for the gift that they gave me."

With pride, Bert told us about his son's reaction following the surgery: "He came into the room for the first time and he was a little hesitant. I assured him that Daddy was O.K., and he stayed only a few mintues just to be reassured that Daddy was still there. When he walked outside to the waiting room with his mother, Bernadette, he sat down and said, 'You know, Daddy doesn't look right.' And of course, Bernadette was concerned because we had tried so hard to prepare him for all the tubes and paraphernalia he would see in the ICU room. But before Bernadette could say, 'What's wrong?' Patrick said, 'Daddy doesn't have his beard or mustache on anymore!' Bernadette assured

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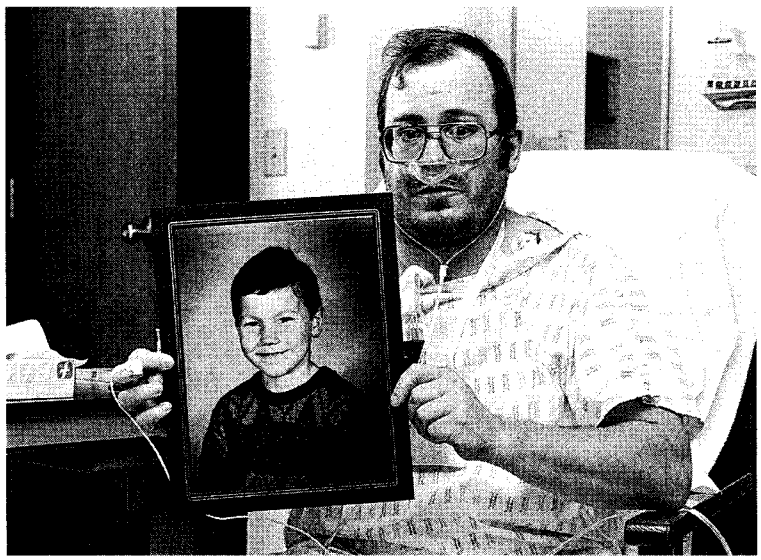
him that Daddy was going to grow it back O.K. And as you can see, I am."

A lung transplant was the only hope for survival for Bert McMahill because he suffered from idiopathic pulmonary fibrosis, a chronic condition that would have taken his life.

• • •

The first single-lung transplant was performed in 1963, and during the ensuing 20 years fewer than 40 more were done. Interest had largely died because of rejection, graft infection, and failure of the bronchial connection. The introduction of the immunosuppressant cyclosporin in the early 1980s and the solution of the problem of bronchial healing have encouraged a new interest in the process. The extremely limited availability of donor lungs is the major factor accounting for the relative rarity of lung-transplant efforts in comparison with other solid-organ transplants.



Six-year-old Patrick McMahill had a lot to do with his father's resolve to live beyond his dismal prognosis. "Daddy doesn't look right," said Patrick after seeing his post-op father. His worry? The father's missing beard and mustache.

For appropriately selected patients, lung transplantation has several potential advantages over heart-lung transplantation. Avoidance of heart transplantation, as required by the combined heart-lung procedure, eliminates cardiac-related complications, including advanced coronary artery disease associated with chronic rejection. The heart also can be used for a separate cardiac transplantation, thus maximizing the opportunities for organ transplantation.

While Bert McMahill was getting his lung, a kidney and heart from the same donor were simultaneously being transplanted into two other Iowans. One man died in an accident—four or five people will live because the family cared enough to make the organ gifts.

Mr. Miller, I shouldn't be giving you false hopes about getting a double-lung transplant if donors don't catch up with the demand. With advanced emphysema, you would require two lungs, whereas a pulmonary fibrosis patient like Bert McMahill with an equally devastating disease can do with one lung. The big difference: primary pulmonary fibrosis victims can receive one new lung and keep the other. In emphysema, however, a mechanical problem—too much of the inhaled air flowing into the bad lung—leaves the new lung with insufficient oxygen. Hence, double-lung transplants are necessary.

Our regular readers know about my brother, who had advanced emphysema. We tried to get a transplant for him in Canada, but because he was 55 at the time, they couldn't take him. Dr. Cooper's team had a cutoff at age 50 at the time. The other day I talked with Dr. Cooper, who had heard that my brother had died. He said, "You aren't going to want to hear this, but we have raised the age for transplants to 60 now."

I have agonized many times about not having put my brother into the Winnebago motorhome he had and taken him up to Canada to wait for a lung donor and a change in Dr. Cooper's policy. If I could advise you, I would find some way to prevail on Dr. Cooper or his colleagues, like our friends in Des Moines, who would be willing to spare a donor lung for a 65-year-old.

Just now, you will need to put up some arguments about why you deserve to get a lung when one is donated. If I were

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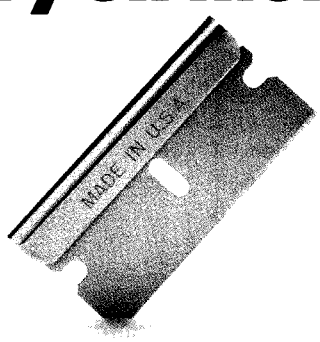

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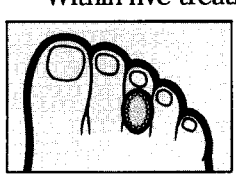

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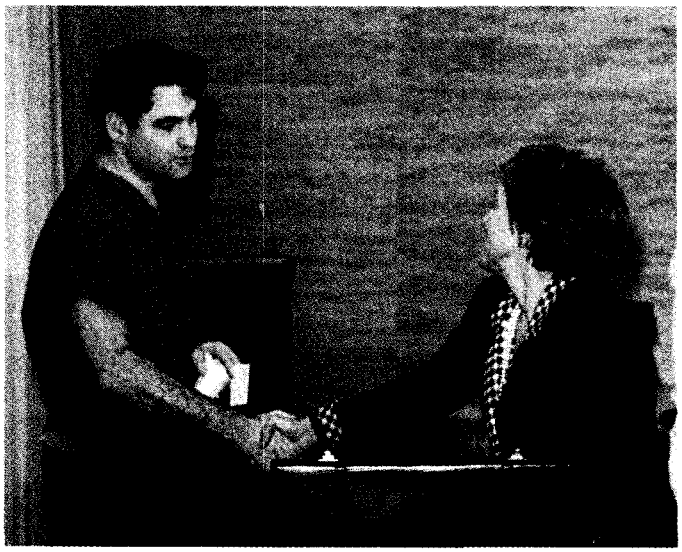
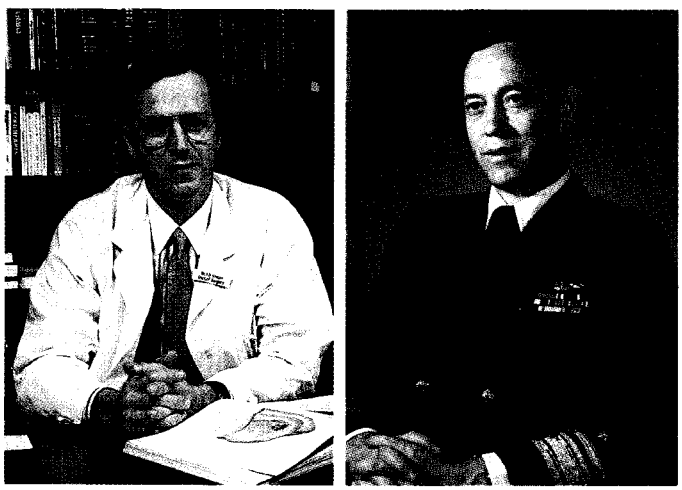
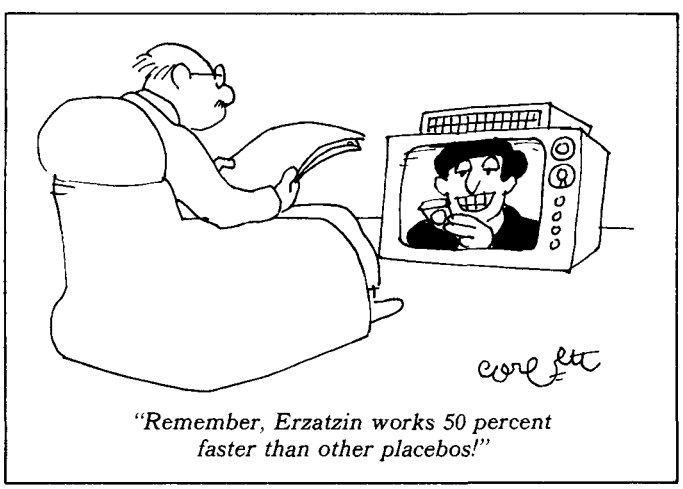


Surgeon James Skinner performed the first successful lung transplant in Iowa with his fellow surgeon Dr. Cham Kongtahworn and pulmonologist Tamarisa Narayan, both from India.



Dr. Joel Cooper (left) is currently doing lung transplants at Barnes Hospital in St. Louis. The late Adm. Joe Synhorst (right) might have been back at the Pentagon directing submarines for the navy, but he was five years older than the age-50 cutoff for lung transplants when he needed two new lungs in 1985. Shortage of donor lungs was the most important reason for the age limitation. Dr. Cooper's age cutoff has now moved up to 60.



"Remember, Erzatzin works 50 percent faster than other placebos!"

you, I'd start a program in your state or county to persuade everyone to think about contributing their organs when they can no longer use them. Start a campaign for increasing the number of donors. You could volunteer to help the Red Cross obtain organs—or start a new voluntary agency that will undertake organ procurement. Your message should be: "Tell your next of kin to please donate your parts should you ever have a fatal mishap and end up with a straight brain wave (be brain dead)." It's your life.

Can't Nix Nicotine

Dear Dr. SerVaas:

I'm writing in regard to smoking. I smoke and I do care about my children, but I can't seem to stop. As a matter of fact, with both of my pregnancies I refrained from smoking until after the children were born. Why I even returned to smoking, I do not know, but I did and now I'm stuck with smoking and guilt! I don't want my children to smoke. I wouldn't want anyone to start, for that matter.

I don't know how to stop. I've heard "cold turkey" is best. But when I run out of cigarettes and head for the store for more, I get excited like a child going for candy.

Can you help? At least tell me where to start!

Joanna E. Jones
Indianapolis, Indiana

I wish that Nicorette could be sold without a physician's prescription here as it can in Switzerland and some other foreign countries. If it were, I would mail you a box of Nicorette with its package-insert instructions today. As it is, I must urge you to come to our offices to chew a sample in my presence, at which time you will be given a supply to quit on and a free prescription should you need more. (Those who quit with the aid of this nicotine-containing gum chew an average of 1⅓ boxes of the product before quitting.) You sound as though you need help.

We've had good success by encouraging people to chew Nicorette mixed with Gulf wax, accompanied by drinking at least eight glasses of water a day, exercising, and eating high-fiber, low-fat foods. Since you live near, please come for our free "quit smoking" sessions. No harangues or lectures—just help to conquer a dreadful, severe, and real physical addiction that I'm sure you never meant to develop. Bless you for caring so much about your children.

Tetracycline Helps Curb Periodontal Disease

Dear Dr. SerVaas:

I have a question regarding tetracycline. My periodontist is recommending a four-week treatment with tetracycline to eliminate infection in my gums and bones. I know it kills good and bad bacteria but feel concerned about taking such a strong medication. I'm to take two tablets four times daily for first week, one tablet four times daily for second week, one tablet two times daily third week and fourth week. The prescription is Sumycin [tetracycline hydrochloride] "250 mg, #112 tabs." I have a list of precautions printed by the American Dental Association.

Any further information, or caution, you could provide me will be appreciated. Thank you.

Elsa M. Franklin
Seattle, Washington

We asked Dr. Henry Swenson, a professor at the Indiana University School of Dentistry, to respond to your in-

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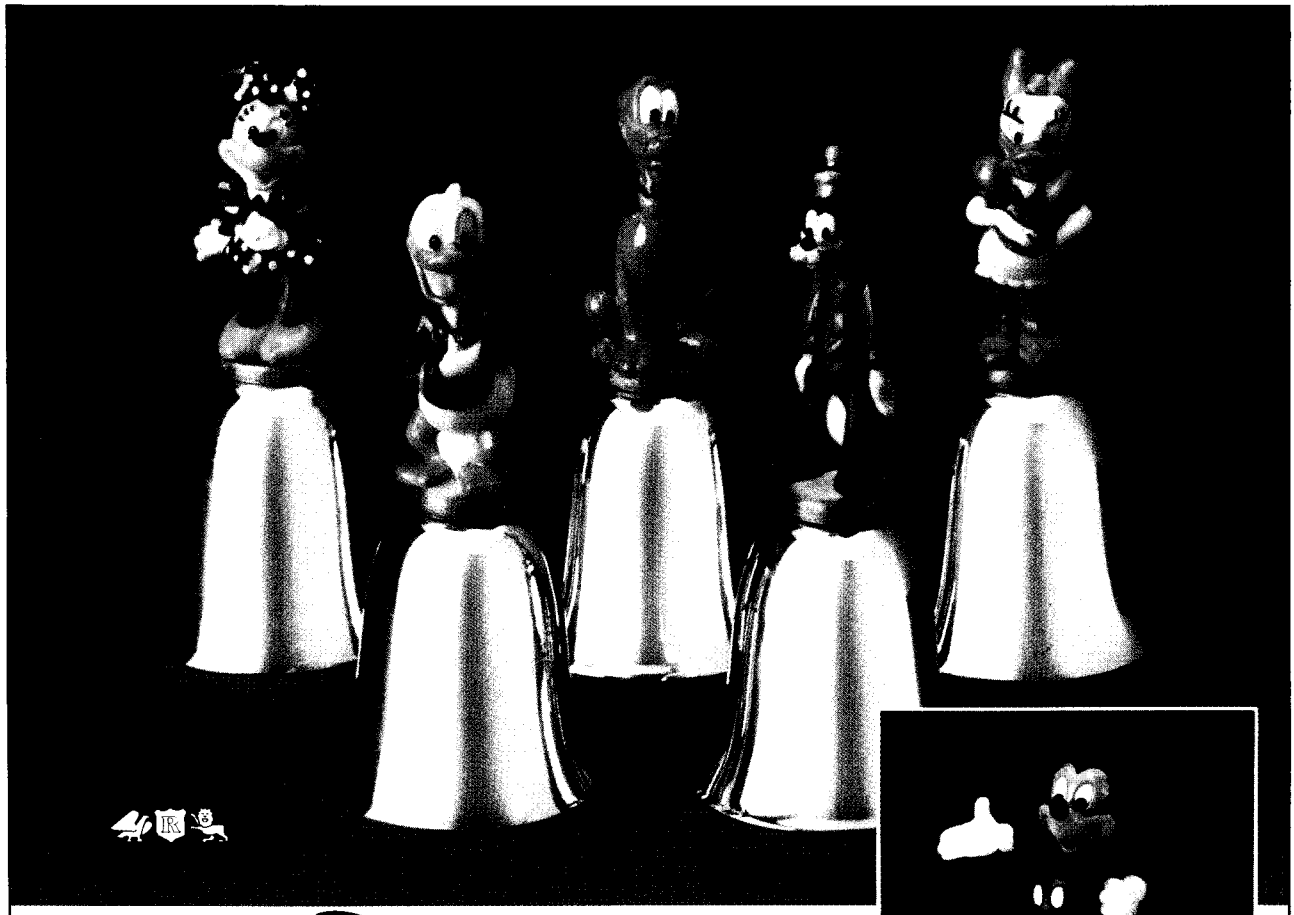

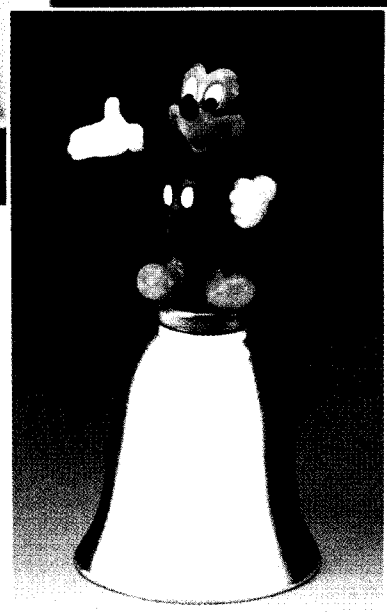

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quiry. He said: "Ms. Franklin is concerned about taking tetracycline, and I can understand her fears.

"In recent years periodontists have become increasingly aware of the roll of microorganisms in the active destruction of the periodontal structures. It was the opinion a few years back that during active periodontal disease, there was an overall increase in plaque. At the present time we feel that while there might be an increase in plaque, there is a definite increase in three specific organisms. There is a decided shift from gram-positive to gram-negative organisms during active periodontal destruction. These organisms are sensitive to tetracyclines, and the regimen that has been suggested for her has been accepted by many.

"One thing we do not know concerning Mrs. Franklin is her age. If she is under 30 with bone loss, she would have juvenile periodontitis. This is a definite indication for the use of tetracyclines as prescribed, as these organisms are found in abundance. In adult periodontitis we do not use [tetracyclines] as much unless it is going rapidly downhill or is refractory. If she is having continual bone loss or is under 30, I believe I would recommend the use of tetracyclines.

"Another factor she may not be aware of is that she may need another series of tetracycline in six months, but usually this dosage is cut in half of the original dose."

Cat of Nine Tales

We received this *Post* cover from a retired psychiatry professor, who told us he used it to teach his medical students about the ripple effect. It appeared on the March 20, 1954, issue with the following commentary:

"How odd it will be if that poor little scolded kitty now goes out on the back porch feeling sore at people, and when a friendly delivery man pats her, she scratches him good. How odd if the delivery man, then visiting other houses in wretched humor, presently bawls out a maid for being slow to come to a door; and if the maid, who is having a bad day anyway, in turn pops off at her mistress for thinking up too much work for her to do. And finally, how very strange if the mistress, rankling about this, by and by gives her husband a good scolding for little reason at all—her husband turning out to be none other than Old Baldy, who started all that on Mr. Sargent's cover. Kitty better climb a tall tree and break this vicious circle."

More Tooth Loss

Dear Dr. SerVaas:

My nephew's little boy, who is two years old, was diagnosed as having "bottle rot." It seems that this condition involves deterioration of the gums around the teeth.

The dentist and periodontist told my nephew that it is necessary to do a root canal in order to correct the problem and possibly to remove some of his teeth. He would have to be hospitalized for this and put under anesthesia.

Would it be possible for you to send me any information about this or who I could contact about it? Also, I would like to know if it is absolutely necessary to do this and if it could be done without the child being hospitalized.

I would appreciate any help you can give me.

Marie Marramao
Bronx, New York

We discussed your nephew's problem with Dr. Henry Swenson and sent him a copy of your letter. He advised us as follows:

" 'Bottle rot' or rampant decay may occur in the young child and is usually due to a stagnation of plaque around the teeth frequently seen in children who depend mainly on a bottle for their nutrition. In her letter she said that the dentist and the periodontist told her nephew that it is necessary to do root canals and possibly remove some teeth. I believe that the 'periodontist' actually is a pedodontist. It would be most unlikely for a periodontist to see a patient with this complaint. 'Pedodontist' and 'periodontist' could sound alike to some people.

"Unfortunately, the child has a problem that must be solved. It would be extremely difficult to do satisfactory work on a two-year-old in a dental office without a general anesthetic. I personally do not like or approve of general anesthetics in a dental office. If it were my child and for the safety of the child and to ensure the best work possible, I believe it should be a hospital procedure under a general anesthetic. I am of the opinion that she has good information, and if she would like another opinion, you might suggest that she go to Columbia University, School of Dental and Oral Surgery, which is located at 630 W. 168th St., New York, NY 10032. This is close to her address."

Needlessly Embarrassed

Dear Dr. SerVaas:

I am a 21-year-old expecting mother who has been diagnosed with genital herpes. In my second month of pregnancy, I was told by a gynecologist I had a yeast infection; he gave me medication and said to return in three days for another examination. This was in September 1988. During

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...I purchased the Geri Hi, Dolomite and LPP tabs about 1½ weeks ago. You certainly have speedy service! In just a week's time I have lost 5 pounds. After the first few bites I'm full. The LPP's really amaze me. I don't eat in between meals anymore, I just don't get hungry, I don't get nervous and I feel great! They do everything you say they do. Thank you so very much.-..*Sharon - Lanett Alabama*

...Thank you so much. The products are wonderful. No diet to follow, but you lose weight! That's what I like about it no special food to buy, nothing to mix. It's wonderful...*Polly - Grand Prairie, Texas*

...I have lost 12 pounds in 16 days and I'm feeling the best I've felt in several years...*Ronald - Plano, Texas*

...I have always had a difficult time losing weight, but with your program it has been very easy for me. Even considering the fact I am on hormones which always caused me to retain fluid. With Geri Hi, Dolomite and LPP I find the fluid retention is gone and I feel good. I have not even gone by a special diet so I am very pleased with this. My relatives are noticing that I am losing which has been 10 pounds in less than a month ...*Rhonda - Fort Worth, Texas*

...I have lost 20 pounds in about 3 months effortlessly, I did not diet or increase my exercise. I'd like to say it was hard work, but it wasn't. No more low blood sugar, no more headaches . I really like the products...*Kathy - Irving, Texas*

...I have lost a total of 38 pounds in 2½ months. I used to sell Herbalife and I found your products very effective. I eat sensible and treat myself to whatever I want once a week...*Vanessa - Omaha, Nebraska*

...The first thing I noticed when I started the Geri Hi, Dolomite and LPP is more energy. My nails are stronger and I have lost inches off my hips, waist, arms and thighs. Plus I am not retaining as much water during my cycle...*Tina - Elgin, Illinois*

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the examination he found a very small lesion and said he wanted to test for herpes. I called his office five days after and was told I was O.K.; the test for genital herpes was negative.

My last visit was the 22nd of this month. At that time the doctor told me I had genital herpes and said he didn't understand why I had not been told before then. He informed me of the dangers that could come to my unborn child. I have several questions about this disease and at the time was too stunned and embarrassed to ask them. I have been very depressed and feel dirty and cheap. I was thinking about it tonight and couldn't sleep and noticed some old *SatEvePost* on the coffee table by my mother's chair. I picked one up hoping to find an article on this subject. In your August 1987 issue I found a few articles. They talk about L-lysine.

We no longer get your magazine because we can't afford it at the time, but sometimes mother will bring some home from the patients at the nursing home.

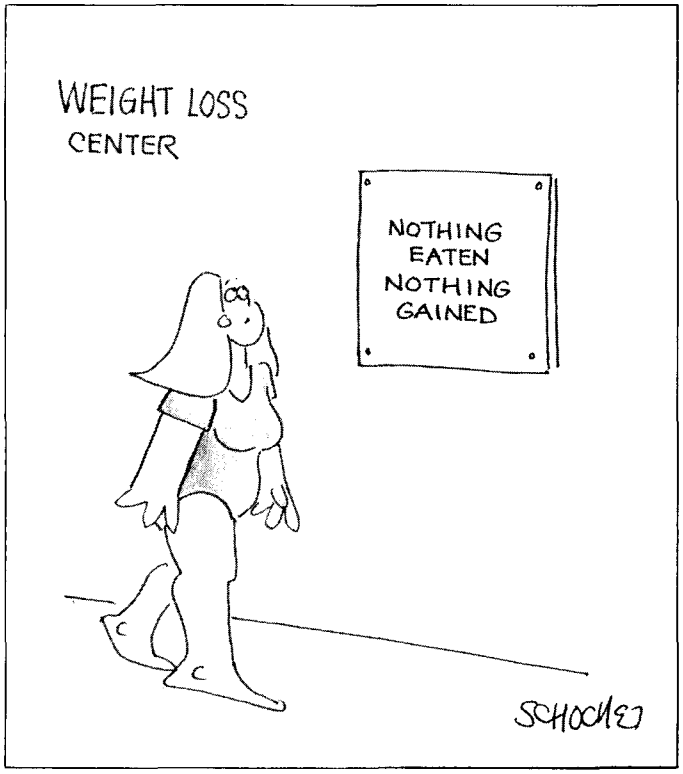
Could you send me some information on genital herpes and L-lysine? I would like to learn all I can about this disease and am too embarrassed to go to the library for information.

P.S. Is it possible the test could be wrong and I need a second opinion?

name withheld

You shouldn't feel embarrassed about the infection. We've had numbers of letters from widowed grandmothers who developed genital herpes decades after they'd had marital relations (July/Aug., Sept., and Oct. '87 *Post*). We believe that touching a cold sore and subsequently the genitalia can transfer herpes simplex 1 to that area.

We believe Dr. Richard Griffith of the Indiana University School of Medicine is the best-informed authority on the use of lysine supplementation and a low-arginine diet to prevent herpes outbreaks. We're forwarding your letter to him for a response.



Referring to his daughter, who repeatedly had facial herpes, he writes: "In high school, she was plagued with 'zitlike' breakouts that occurred in stress, and we had used all sorts of treatments in her case. And then lysine came along, and that was my first case. When she stopped using lysine, she started getting the lesions around her chin again. So she is still taking it almost continually, and the side effect she had was that her last child turned out to be twins. So," he said, amused, "I have to caution people about taking lysine during pregnancy because they might wind up having twins."

Since you are nearing term by now, you will want to do everything you can to avoid having an outbreak immediately before delivery. The decision to have a C-section can then be avoided if possible. When there is danger of a vaginal infection two weeks prior to delivery, obstetricians usually don't want to risk infecting the infant during a vaginal delivery.

One recent study has shown, however, that only one of 14 women who were shedding herpes simplex virus at delivery had a history of genital herpes. In other words, most women who are shedding herpes virus are asymptomatic. They have no visible lesions and never knew they had the infection.

Prostate-Cancer Diagnosis

Dear Dr. SerVaas:

I am sure you have addressed this before, but I missed it, probably because I did not think we would be confronted with the problem so soon in life. My husband was diagnosed as having prostate cancer three years ago. Our family doctor told him he could no longer have physical sex and sent him to a urology doctor where they performed a biopsy to confirm that it was cancer—it was. My husband was 45 years of age. He was sent to the VA urology doctor at the hospital for treatment. The doctor there told him to put his life in order and said if there was anything he ever wanted to do he should do it now! He was put on hormone pills after spot-radiation treatments. It was eight months before the hospital realized he should have been in the oncology department. It was then they did a CAT scan—his cancer by then had gone to the pelvic bone on both sides. As of his last scan his cancer had not spread, but the mental damage had been done. He felt he was no longer a man and was going to die anyway. He quit taking the hormone pills and has not taken them since. My husband does take pain pills and cannot be on his feet very long at a time, nor can he use his right arm because of extreme pain, but he refuses to go to the doctor. He is afraid of what they might tell him. We live on a limited income, disability. Where can he go for some good mental help (care)? All the VA doctors tell him is "yes" he has bone cancer, and "yes" he is going to die, and "yes" he is not a man, and "yes" he cannot love, etc.—and I don't know where to go for help for my husband.

Any help or reference you can give would be more than welcome—*please*. Thank you.

Janet Avery
Fallon, Nevada

Patients can call 1-800-4-CANCER for latest information about cancer. This is a service of the National Cancer Institute, which also has a telephone hot line for physicians to call about any new treatments for cancer.

Our Indianapolis Veterans Hospital has a psychiatric unit. Since your little town of 4,600 people (or so it is

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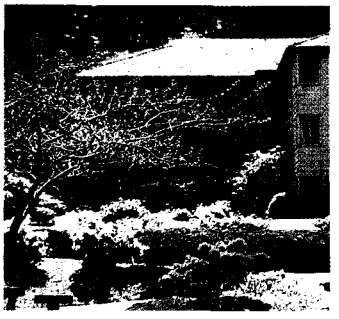

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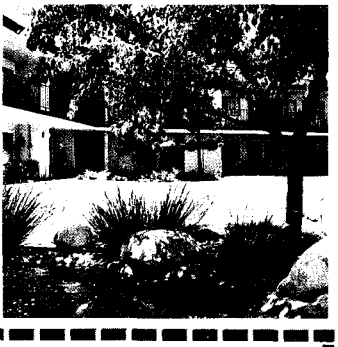

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reported in our atlas) is near Reno, perhaps it also has a Veterans' Affairs office where you can get recommendations for psychiatric advice to help your husband cope with his disease.

Pastors visit many cancer patients and learn to help them live with diseases after doctors pronounce them terminal. Have you a relationship with a pastor who might help your husband by putting him in touch with other prostate cancer victims with whom he can share like burdens? This type of cancer being one of the most common, we're publishing your letter to urge others whose lives have been altered by prostate cancer to write to you with their suggestions to help your husband maintain a positive attitude.

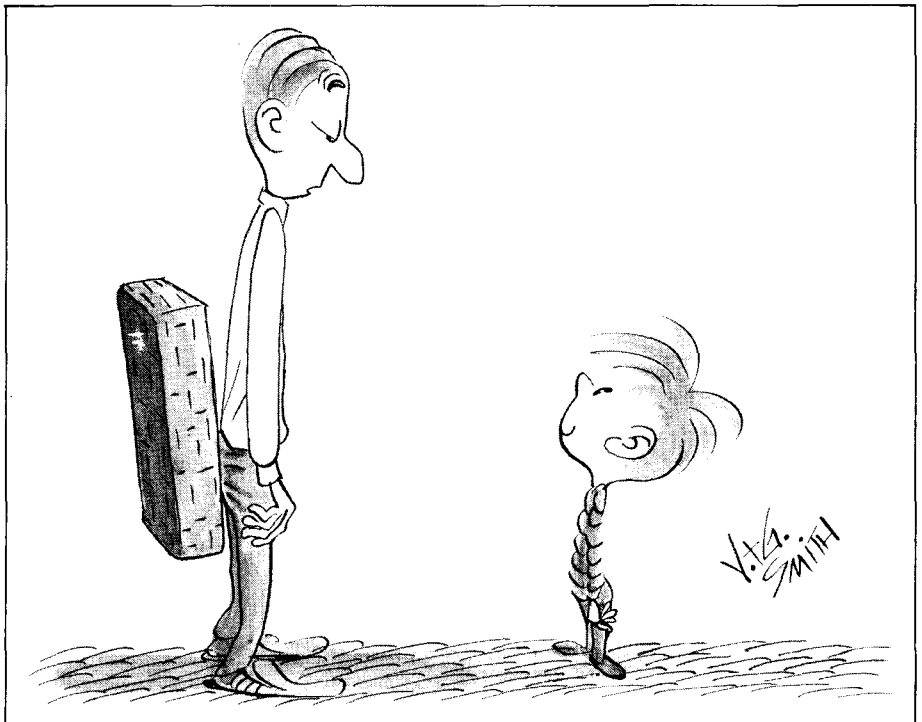
We're also sending you a booklet from Dr. Robert Schuller about positive thinking. In addition, we're sending a copy of a Jan./Feb. '87 *Post* article about Dr. Fred Lee, a physician who has prostate cancer. He is spending the years he has left to live in fighting the lethargy with which he feels the medical profession attacks the problem of making early diagnoses of this disease. His own cancer was discovered quite by accident with ultrasound equipment that was being demonstrated.

We're taking the liberty of sending your letter to Dr. Lee, in Ann Arbor, Michigan, who isn't taking his disease lying down. He is vigorously trying to find better treatments for prostate cancer. I hope he will send you advice.

Keep working on solutions. Tell your husband not to lose hope that a treatment to reverse this devastating cancer will be discovered. We're also sending you some information about testicular cancer that may give him cause for a little hope. You see, when I was in medical school, testicular cancer meant almost certain death. Then, suddenly, a new combination of drugs with cis-platinum was developed, and lo and behold, even advanced stages of testicular cancer could be cured—even cancers that had spread into the lungs! Now, this dramatic success hasn't occurred for a lot of other cancers, but if it can happen with testicular cancer, it can happen with prostate cancer. It *will* happen if enough of us can bring attention to the need for conquering this dreaded plague.

If men would only talk about their prostate cancers as women do about their breast cancers. We need more celebrities calling attention to the need for yearly prostate checks just as women breast-cancer victims speak out about the importance of yearly mammography.

Tell your husband that your letter may cause hundreds of men who read it to have their prostates checked. A gloved finger can feel a prostate cancer through the wall of the rectum. Ultrasound can spot prostate cancers so small that they can't yet be felt.



"*Yes, as a matter of fact, I* have *seen your contact cement.*"

Found Cause of Headaches

Dear Dr. SerVaas:

I have a daughter supposedly suffering from a nervous breakdown. She had headaches, depression, and was shaking all over. She was taking medication and was diagnosed as having a nervous breakdown. The medication did no good, but only made her feel worse.

Then one day her husband was watching a show on TV about NutraSweet. Her husband called to her and said they were talking about symptoms she was having.

So she stopped the NutraSweet, and in a few days she was improving. This improvement continued until she felt so much better. She was greatly relieved by her improvement.

I have another daughter and a friend who were suffering headaches and not feeling well. However, they realized they had just started using NutraSweet and stopped using it—the headaches were gone in less than a week.

Jane C. Morgan
Havertown, Pennsylvania

Dr. H. J. Roberts of West Palm Beach, Florida, has done work on the effects of aspartame (NutraSweet®) on some people. We're sending a copy of your letter to him and to the manufacturers of this product.

Have any readers had similar discoveries about their abilities to handle NutraSweet?

Bypassing the Bypass

Dear Dr. SerVaas:

I would like to ask you to please send me any information on heart-blockage reversal. Do you have information, or can you tell me where I could send for such information?

My husband, who is 48, has been told that he needs a triple bypass *now*. The doctors say since the main blockage is at the opening of the left coronary artery, he's like a time bomb ready to go off. He refuses to (if at all) have surgery until January.

Since they told him and he had an angiogram, it's been 10 weeks. His blood work has improved from a cholesterol of over 300 to 201, and a triglycerides of 222 to 130. Also, his HDL is up to 60.8. He works in the

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Why men and women over 40 often miss the best sex of their entire lives.

BY PAUL A. FLEMING, M.D.

The years between 40 and 65 can be years of sexual frustration and failure and withdrawal from sex. Or they can be the start of sexual activity that is frequent and sensitive and especially loving–and that can be enjoyed until the end of one's life.

After 40, expect some changes in your sexual reactions.

Man or woman, you may be slower to achieve readiness for sex. Your climaxes may change. So may the tempo of your love-making and the frequency of your desire.

These changes are normal. But if you misinterpret them and worry that your sexual life is tapering off — you could begin to withdraw from sex altogether.

That would be an awful shame.

No need to give up on sex—ever.

Sex over 50, 60, 70 and beyond —good sex—is a real option for almost all people. And it can be the most rewarding sex of all.

That is what prompted a monthly newsletter called SEX OVER FORTY, and to circulate a sample first issue to eminent people in both medicine and therapy.

Their reaction was enthusiastic.

Sexual help like this is not available anywhere else.

The words SEX OVER FORTY will not appear on any envelope that we send you.

You can read it at home, without hurry or embarrassment. You can read it over and over until you understand fully. No more hunting in bookshops for snippets of information that can worry you further. No more "what did he say?" after a tense, quick visit to the doctor.

SEX OVER FORTY often describes ways of making love (ideal for people over 40) that many are embarrassed to say they want to try. You and your partner can read about them, separately, then discuss them together with more comfort.

SEX OVER FORTY discusses sex like I do in my private practice. When telling a woman how to help her mate regain an erection, I actually show her how to hold her hands, how to move, what comforting things to say.

Becoming more creative lovers.

We cover the major sexual fears and problems that confront people over 40. But we are not over-focused on problems. Each issue is filled with specific ways each partner can become a more sensitive, creative and spontaneous lover. For example:

- How to strengthen sexual muscles.
- The role of sexual lubricants.
- When your partner wants sex more (or less) often than you do.
- Vitamins and herbs for improved sexual functioning.
- Mid-of-night sexual opportunities.
- How to end premature ejaculation.
- Impotence: 11 ways to tell whether it's physical or psychological.
- Female climax: how to improve it.
- Sex after divorce: how to approach it.
- After heart attack: good, safe sex.
- What men need to know about the female sex organs.
- Common medications: how they can affect your sexuality.
- Multiple orgasms: achieve them now, even if never before.

Case histories are included to clarify: so are medical illustrations. Plus special monthly departments worth reading.

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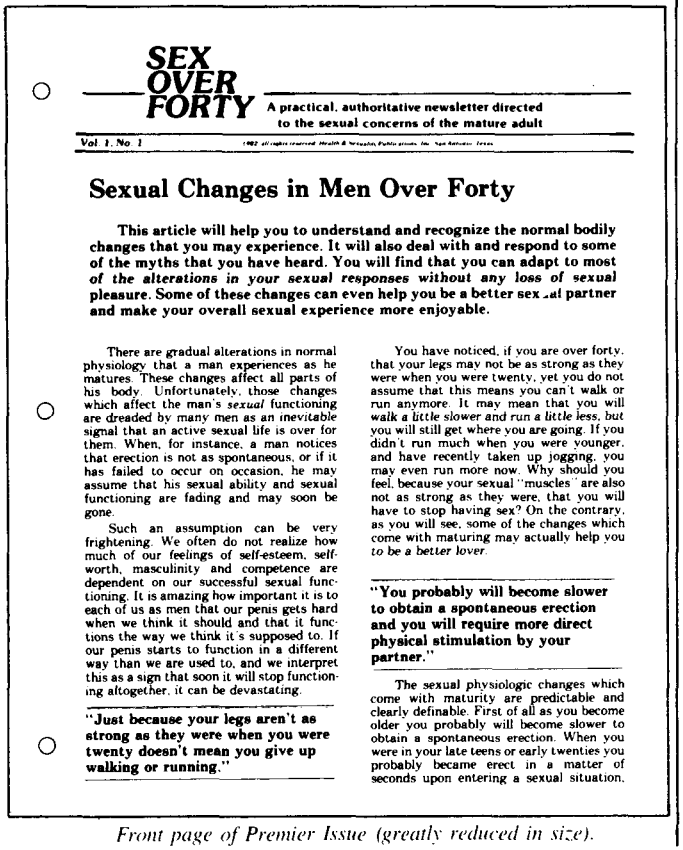
Dr. Fleming counseling a couple in his office.



SEX OVER FORTY
A practical, authoritative newsletter directed to the sexual concerns of the mature adult

Vol. 1, No. 1

Sexual Changes in Men Over Forty

This article will help you to understand and recognize the normal bodily changes that you may experience. It will also deal with and respond to some of the myths that you have heard. You will find that you can adapt to most *of the alterations in your sexual responses* without any loss of sexual pleasure. Some of these changes can even help you be a better sex ..al partner and make your overall sexual experience more enjoyable.

There are gradual alterations in normal physiology that a man experiences as he matures. These changes affect all parts of his body. Unfortunately, those changes which affect the man's *sexual* functioning are dreaded by many men as an *inevitable* signal that an active sexual life is over for them. When, for instance, a man notices that erection is not as spontaneous, or if it has failed to occur on occasion, he may assume that his sexual ability and sexual functioning are fading and may soon be gone.

Such an assumption can be very frightening. We often do not realize how much of our feelings of self-esteem, self-worth, masculinity and competence are dependent on our successful sexual functioning. It is amazing how important it is to each of us as men that our penis gets hard when we think it should and that it functions the way we think it's supposed to. If our penis starts to function in a different way than we are used to, and we interpret this as a sign that soon it will stop functioning altogether, it can be devastating.

"Just because your legs aren't as strong as they were when you were twenty doesn't mean you give up walking or running."

You have noticed, if you are over forty, that your legs may not be as strong as they were when you were twenty, yet you do not assume that this means you can't walk or run anymore. It may mean that you will *walk a little slower and run a little less, but* you will still get where you are going. If you didn't run much when you were younger, and have recently taken up jogging, you may even run more now. Why should you feel, because your sexual "muscles" are also not as strong as they were, that you will have to stop having sex? On the contrary, as you will see, some of the changes which come with maturing may actually help you *to be a better lover.*

"You probably will become slower to obtain a spontaneous erection and you will require more direct physical stimulation by your partner."

The sexual physiologic changes which come with maturity are predictable and clearly definable. First of all as you become older you probably will become slower to obtain a spontaneous erection. When you were in your late teens or early twenties you probably became erect in a matter of seconds upon entering a sexual situation.

Front page of Premier Issue (greatly reduced in size).

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hospital lab here, so he checks himself every week. He wants to work with exercise and food, etc., to reverse the problem. He has no pain (he just had a stress test that was very positive) or other physical problems. He's never been ill or in the hospital in his life. He takes no medication and never has. I have been reading all I can, and I give him niacin and vitamins E, A, and other vitamins. Also, no meat and mostly raw fruits and vegetables with cooked whole grains and bran. He feels better than ever. He's 5'9" and weighs 145 dressed. He walks four miles a day (now).

He thinks he can beat this problem. I believe it's possible in time. But does he have time?

Please send me as soon as possible any info you can.

P.S. He has a personal relationship with Jesus Christ. If you pray—please pray that he would know the mind of God in this matter.

Audrey Dowker
Fremont, Michigan

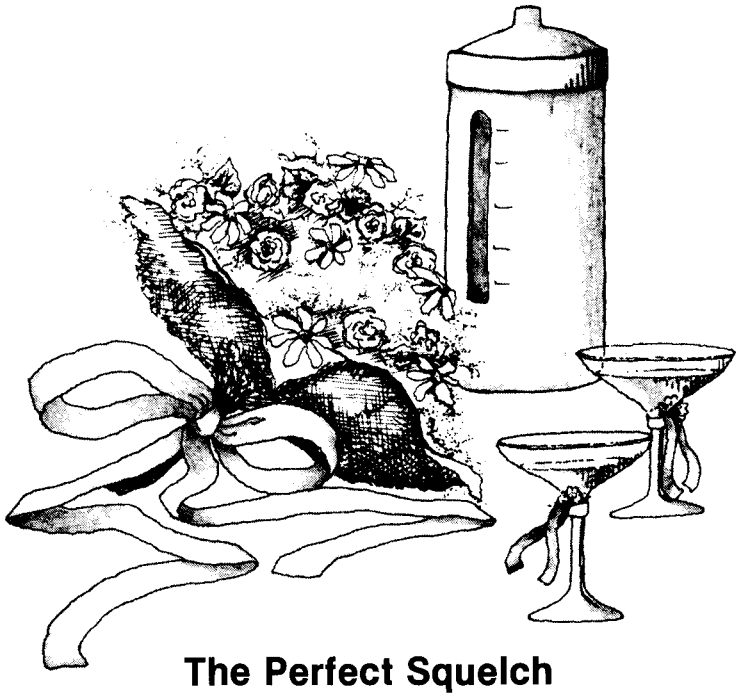
Unfortunately, Mrs. Dowker's letter was addressed to Des Moines, Iowa, to the company that handles subscriptions for our magazines. When I read the seriousness of her decision, I was sorry to see that it had taken weeks to reach my desk in Indianapolis.

But a telephone call to Mrs. Dowker allayed my fears. Her husband's total cholesterol is now down to 174. His HDL, the good cholesterol, is up to 69, and his triglycerides are 122. In addition to a strict low-fat, no-cholesterol diet, he is taking a rather large amount of niacin, which certainly does help lower total cholesterol. I explained to her the admonition of some cardiologists that patients who take niacin to lower their cholesterol levels should be under a doctor's supervision and that they should have liver-function tests about every six weeks.

We urge Mrs. Dowker to learn CPR if she hasn't already done so. Another good investment would be the user-friendly computerized defibrillator for laypersons to use. (Anyone interested may write to the Society for literature about this equipment.)

We often get mail from those who agonize about whether to have bypass surgery. We send these readers the *Post* article entitled "To Bypass or Not to Bypass." We were happy to learn at the last convention of the American Heart Association that there is now some evidence accumulating that the heart blockage can be reversed—that it takes time.

The good news is that Mrs. Dowker's 48-year-old husband feels better on his low-fat, high-fiber diet than he has felt in years.



The Perfect Squelch

Harry's mother strongly opposed his marrying before completing college. When he went ahead anyhow, she openly blamed his young bride for "dragging" her boy to the altar. Although the young woman kept her job and worked to help Harry through college, his mother never forgave her. The older woman missed no opportunity to make barbed remarks about the early marriage.

Came the day when the young couple informed her that they were expecting.

"Oh, dear," she wailed, looking at Harry. "First you get married, and now this!"

"We," her daughter-in-law replied evenly, "preferred it that way."

—Mrs. Allie M. Herren

Transfusion Survival Guide

continued from page 63

measure, just in case of unexpected complications. If you don't need it, you have contributed to the general blood supply. Just be sure to let the blood bank know in advance that this is your intention, or they may discard your unused blood. If blood loss is common with the procedure—in bypass surgery, for example—predonate as much blood as possible.

- Always ask for Intraoperative Autologous Transfusion (IAT)—a process in which your own blood is recycled during surgery—if your operation qualifies. Plan for plasmapheresis if necessary (if your doctor thinks you might need platelets or additional clotting factors).
- Ask your physician to schedule your surgery at a hospital equipped for IAT and plasmapheresis during surgery.
- If the equipment is not available in any accessible hospitals, inquire about services provided by such companies as PSICOR and some branches of the Red Cross, which deliver and staff the equipment from outside.
- Consider freezing a supply of your own blood with one of the services that offer rapid national delivery, such as Idant.
- If IAT and plasmapheresis are not enough and you need additional

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blood, insist on local blood or blood from a low-risk area. Origin of blood (the lab where the blood was drawn) is printed on the label of the container. If you need several units, request they come from a single donor rather than different donors, to further reduce your risk.

- When choosing a surgeon or anticipating an operation from a family doctor, ask your physician how many transfusions he or she has given during the last one to two years. Don't hesitate to investigate. This is your life!
- When consulting with your physician, keep informed of advances in medical technology that you may be able to take advantage of when anticipating surgery.

WHERE DO YOU THINK YOU ARE?

(Answers from page 92)

Theme: Female names

1. Tennessee
2. Illinois
3. Kansas
4. New Jersey
5. Pennsylvania
6. Wisconsin
7. Delaware
8. Florida
9. Georgia

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What Else Is New?

continued from page 51

than I, added up to complete mummification before I ever began operating the thing. Operating it? I couldn't even get the sucker out of the carton.

Fortunately, my dear wife figured out how to remove the plastic-foam blockades, but even after she had midwifed the machine from the box, I couldn't get the lid off. Women have an instinct, it seems, for knowing where to push down on the back so that the front can be unhinged. (If you want to know why my teeth are so short, I grind them a lot.)

You wise guys with your electronic genes will of course stick your noses in to ask, "But didn't you get an owner's manual, for pete's sake?"

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- How to detect and relieve food allergies.
- A tip for preventing car sickness.
- How to prevent bladder infections.
- A vitamin that may repel insects when taken orally.
- A simple technique to relieve tension.
- How to relieve dry skin.
- How to stop snoring.
- 3 ways to avoid stomach irritation when taking aspirin.
- 6 aids to eliminate constipation.
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Yes, if it's any of your business, I got an owner's manual. And it says my new typewriter has a Memory Code. Well, bully for it. I don't have a memory code. To get the correct spelling of some 50,000 words in its memory bank, I must remember to hit the Code key and then the letter D, for dictionary. For bold print, it's Code key plus 9. Automatic center, Code plus 1. And so on. There's another bunch of stuff I can do if I first remember to hit the Format key.

Call it efficiency if you like, but I used to be able to type with both hands. Now I type with only one, having to hold the manual in the other. Why don't I ask my dear wife to hold the manual for me? Because I wouldn't be typing at all, is the answer. At least not for a few days.

• • •

As if I weren't having trouble enough with today's gadgetry, now my editor wants to install a fax machine in my home office, which, she explains, will allow my telephone to tell her telephone what I have written. What they'll come up with along this line in the next 100 years boggles the mind. And for one whose mind is already a bit boggled, it's more boggling yet. Perhaps it's just as well that I may not be around in the next 100 years. . . .

Excuse me, the phone is ringing. I don't yet have a fax machine—it just might be for me.

Lassie Come Home

continued from page 41

Besides, Lassie had four white paws, and this one had one paw white, two dirty-brown, and one almost black.

That is the dog they all looked at as Joe Carraclough stood there, having told no lie, having only asked a question. They all stood, waiting the duke's verdict.

But the duke said nothing. He only walked forward, slowly, as if he were seeing a dream. He bent beside the collie, looking with eyes that were as knowing about dogs as any Yorkshireman alive. And those eyes did not waste themselves upon twisted ears, or blotched marking, or rough head. Instead they were looking at a paw that the duke lifted, looking at the underside of the paw, staring intently at five black pads, crossed and recrossed with the scars where thorns had lacerated, and stones had torn.

For a long time the duke stared, and when he got up he did not speak in Yorkshire accents anymore. He spoke as a gentleman should, and he said: "Joe Carraclough. I never owned this dog. 'Pon my soul, she's never belonged to me. Never!"

Then he turned and went stumping down the path, thumping his cane and saying: "Bless my soul. Four hundred miles! Damme, wouldn't ha' believed it. Damme—five hundred miles!"

He was at the gate when his granddaughter whispered to him fiercely.

"Of course," he cried. "Mind your own business. Exactly what I came for. Talking about dogs made me forget. Carraclough! Carraclough! What're ye hiding for?"

"I'm still here, sir."

"Ah, there you are. You working?"

"Eigh, now. Working," Joe said. That's the best he could manage.

"Yes, working, working!" The duke fumed.

"Well, now——" Joe began.

Then Mrs. Carraclough came to his rescue, as a good housewife in Yorkshire will.

"Why, Joe's got three or four things that he's been considering," she said, with proper display of pride. "But he hasn't quite said yes or no to any of them yet."

"Then say no, quick," the old man puffed. "Had to sack Hynes. Didn't know a dog from a drunken filly. Should ha' known all along no Londoner could handle dogs fit for Yorkshire taste. How much, Carraclough?"

"Well, now," Joe began.

"Seven pounds a week, and worth every penny," Mrs. Carraclough chipped in. "One o' them other offers may come up to eight," she lied, expertly. For there's always a certain amount of lying to be done in life, and when a woman's married to a man who has made a lifelong cult of being honest, then she's got to learn to do the lying for two.

"Five," roared the duke—who, after all, was a Yorkshireman, and couldn't help being a bit sharp about things that pertained to money.

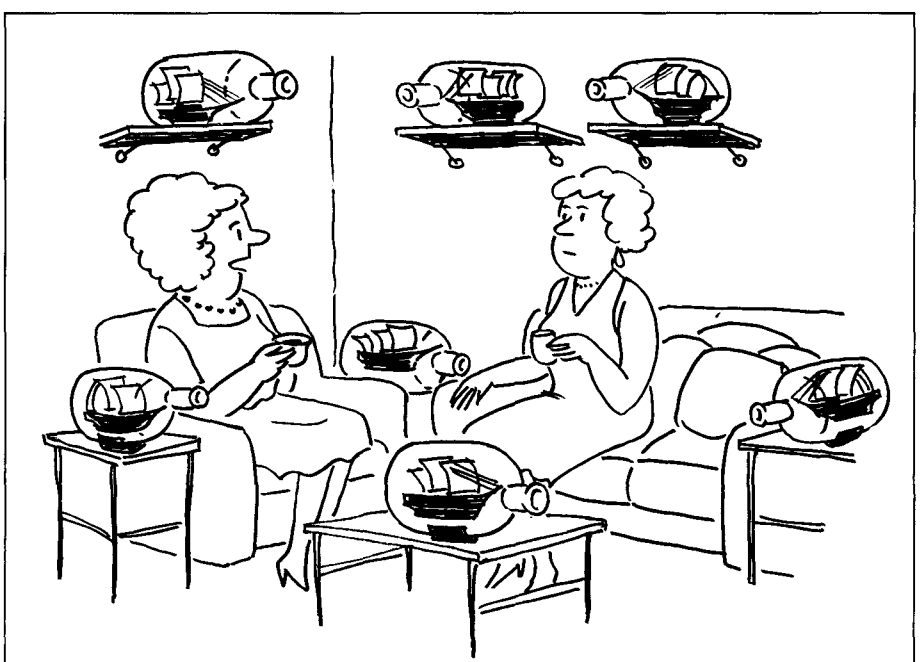
"Six," said Mrs. Carraclough.

"Five pound ten," bargained the duke, cannily.

"Done," said Mrs. Carraclough, who would have settled for three pounds in the first place. "But, o' course, us gets the cottage too."

"All right," puffed the duke. "Five pounds ten and the cottage. Begin Monday. But—on one condition. Carraclough, you can live on my land, but I won't have that thick-skulled, screw-lugged, gay-tailed eyesore of a misshapen mongrel on my property. Now never let me see her again. You'll get rid of her?"

He waited, and Joe fumbled for words. But it was the boy who answered, happily, gaily: "Oh, no, sir. She'll be waiting at school for me most o' the time. And, anyway, in a day or so we'll have her fixed up so's



"How long has your husband been retired?"

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ye'd never, never recognize her."

"I don't doubt that," puffed the duke, as he went to the car. "I don't doubt ye could do just exactly that."

A long time afterward, the girl said: "Don't sit there like a lion on the Nelson column. I thought you were supposed to be a hard man."

"Fiddlesticks, m'dear. I'm a ruthless realist. For five years I've sworn I'd have that dog by hook or crook, and now, egad, at last I've got her."

"Pooh! You had to buy the man before you could get his dog."

"Well, perhaps that's not the worst part of the bargain."

Midnight Genius

continued from page 57

notes produced by Dale Eunson, a writer now resident in California. Once Eunson dreamed that he was a poet, reading his works to an audience in a vast amphitheater. His works consisted of one deathless line, and when he recited it, the enormous audience sat stunned, heads bowed in reverence, and then they arose as one man, shouting and screaming and clamoring to shake Eunson's hand, and lifting him to their shoulders for having at last revealed to them the Truth. When he awoke, Eunson hastily scribbled down the single line of his poem, so that the human race might benefit from it, and when he got around to reading it, this is what he found:

O, come see the deer, bighearted Or.

On another night Eunson was lying in bed, and it seemed to him that he was reading a gossip column in the newspaper. The column was in its customary position in the paper, but the type was large and flowery, as if illuminated by medieval monks, and the words were all in Gaelic. Eunson started to read the column and got through exactly four words before he woke up. He remembers that at the time he was enormously impressed by the columnist's erudition, and he remembers writing down the words. They were:

Whey shillic ick il.

Eunson says the words are graven forever on his memory, and sometimes in troubled moments he repeats them to himself. If it had happened to me, I'm sure I'd do the same.

Outcast of the Hills

continued from page 68

And so they followed one by one.

But still they didn't speak. They watched him take Eben and his lamb home. They watched him walk up Hope all alone. It was easy for him to find the top of the hill, because blind men have a way of looking up.

But when he got to where his door should be, there were people waiting to welcome him home. "Welcome, friend," they said. "Can you forgive us? Can you forgive so much?"

Another voice cried, and another, and another, "We were wrong! We know that now! For you couldn't be what we said you were and come so close to Christ! We were the ones who were blind!"

That was the way with these men of stone when the stone was rolled away. For in every man there were two things and one of them was faith.

And so Jonathan Deal was not a dead man lying in the forest he had betrayed. He was the shepherd who lived on the top of the hill called Hope. He was free. That was what his neighbor people gave on this Christmas night. For Christmas is the gift of life.

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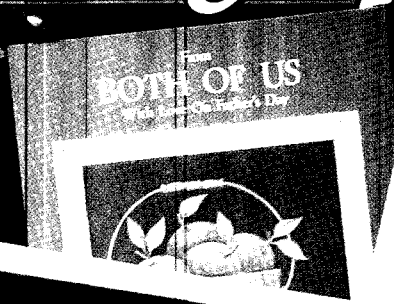

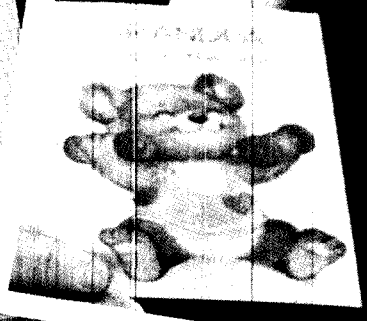

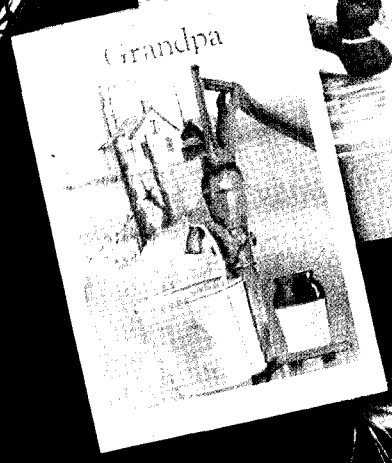

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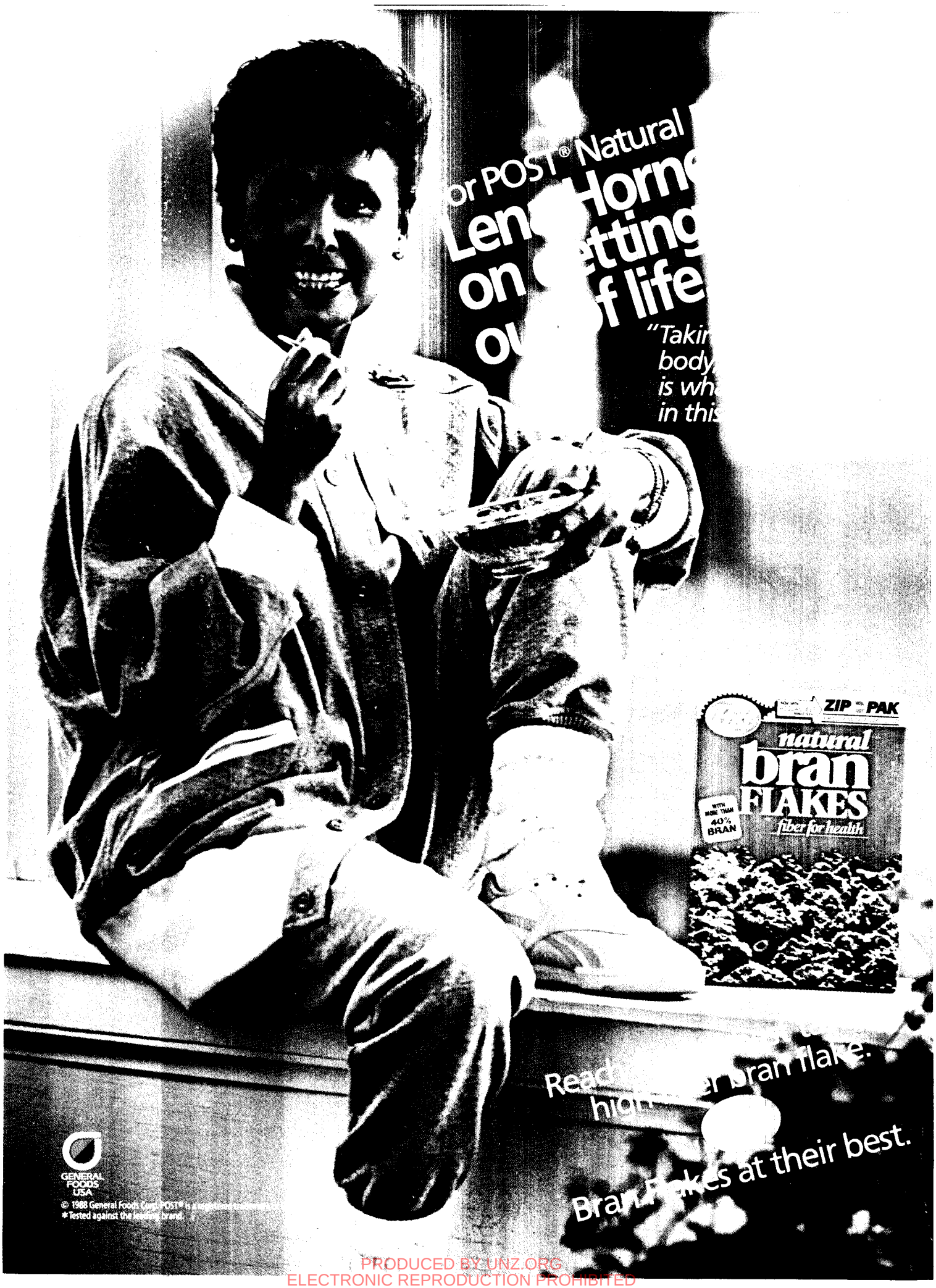

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